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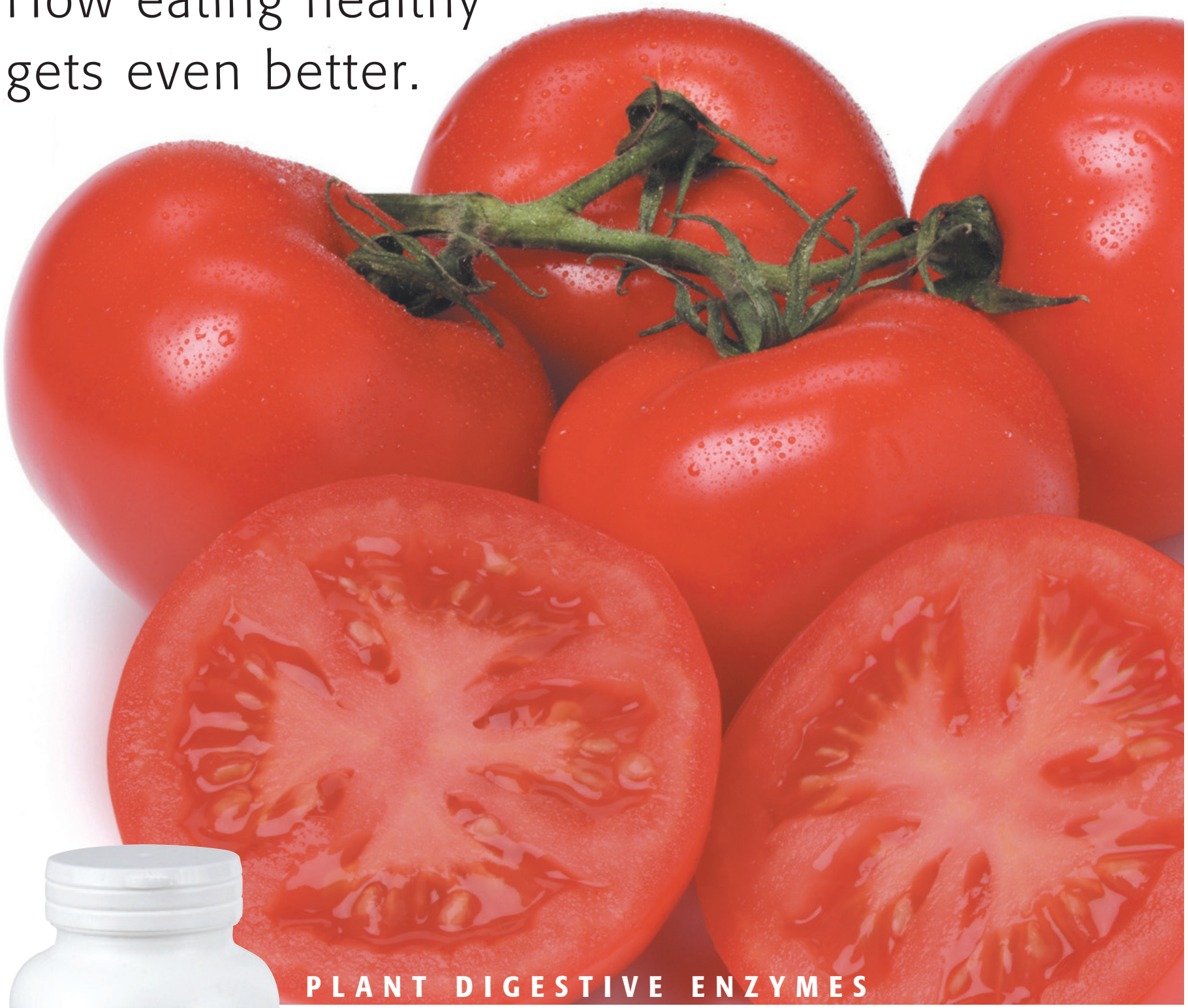

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Please accept my sincere condolences for the passing of a Warrior, Colleen McCrory. We will miss her dearly. Colleen was a staunch supporter of the Degalmuukw Title Action from start to finish. The Gitxsan will never forget her and what she has done to protect the spirit in the land.

Walk on, walk on, Colleen. There is happiness and laughter at the campfires of our ancestors.

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Colleen McCrory

INSPIRATION

The journey of an environmental champion

by Anne Sherrod

Photo by Craig Pettitt

On July 1, one of Canada's greatest environmental champions, Colleen McCrory, passed away. She died at 57-years-old following a brief two-week illness.

Messages of condolence and tribute to Colleen have inundated her family and the Valhalla Wilderness Society, which she headed for over 30 years. Even Premier Campbell issued a statement honouring Colleen.

Prominent environmental activists Paul George, Vicky Husband, David Suzuki, Elizabeth May and Adrienne Carr (the latter two being leaders in the Green Party) shared an important part of Colleen's life journey. She felt close to them and they have stories about her that only they can tell. But no matter which other organizations she founded or worked with, she always came home to the Valhalla Wilderness Society in the tiny village of New Denver, BC. The Society was the home of her principles, her ideals, her way of working and her support team for that work. The story that her Valhalla friends can tell is the story of what went on behind the scenes of her public life and the inner values that inspired her. I worked with Colleen for 25 years, and this is the story of what I saw.

Colleen was a very down-to-earth person, as ordinary as any one of us, it would seem at first glance. But while many of us want to protect nature, what distinguished her was that she put her actions behind her beliefs.

She was born in 1950 in New Denver, on Slocan Lake in the Kootenays. She was one of nine children in a mining family. They were poor, yet Colleen's mother Mabel opened her kitchen to many lonely and destitute people, especially old-timers from the mines. Mabel passed onto her children a sense of community and responsibility that encompassed the whole town. It was just a natural matter of course in that family that one gave up things to share with those in need.

Colleen and her siblings grew up surrounded by mountains, forest and wildlife that included grizzly bears. They would follow their older brother Wayne on long hikes in the wilderness, sometimes with scant, hand-me-down clothing and only worn-out running shoes for wading swollen mountain streams and surviving summer storms. Wayne would often have to piggy-back his younger brothers and sisters across fast-moving mountain streams so they could explore the deepest wild areas, often following old mine trails and routes passed along from old prospector friends. One day Colleen and Wayne would be key in protecting those areas as parks.

Colleen was 18-years-old when she met another person who would play a critical role in protecting those parks – artist and writer Richard Caniell. In 1974, when the slopes of the Valhalla Mountains across the lake were threatened by logging, Colleen, Wayne and Richard joined forestry technician Craig Pettitt, planner Grant Copeland, Ave Eweson and a few others to form the Valhalla Wilderness Society.

I came along four years later, as an occasional volunteer, in the middle of the campaign to save Valhalla Park. What I saw then was not something I could describe as Colleen's small town environmental group. What I saw were soul-mates who were waging a battle of burning intensity. Yet the tone of their work was always one of service.

Wayne became a bear biologist and because of him the work was always rooted in credible science. His extensive work in the field across the province allowed him to discover areas of outstanding wildlife habitat that needed protection. Colleen started out as the secretary, but quickly emerged as the leading public spokesperson and activist.

Richard Caniell and Colleen collaborated constantly on strategy. Craig was one of those rare people who worked in the bush for the Ministry of Forests, but wasn't afraid to expose the logging abuses he saw. His field knowledge and ability to marshal timber supply figures put a firm foundation under the Society's work. Grant Copeland and Ave Eweson provided visionary park design information.

During the Valhalla Park campaign, Richard's multimedia presentation *The Valhalla Experience* was shown on public TV twice and to audiences all over the province. It set the tone for all the years to come. It thrilled Colleen because it gave expression to the ideals of wholeness in nature, reverence and respect for the public and the principles of government that she had innately felt all her life. I saw it clap wings on her work. She soon proved that she would fight fiercely to defend what she loved.

While still a young housewife with three small children, she stood up to a public tongue-lashing by Jack Webster on TV, and Webster came out the worse for wear. It took eight years of battles to save Valhalla Park, and Colleen was always at the forefront.

While still a young housewife with three small children, she stood up to a public tongue-lashing by Jack Webster on TV, and Webster came out the worse for wear. It took eight years of battles to save Valhalla Park, and Colleen was always at the forefront. When the park was created, some of us thought that was the end of our work, only to discover that she had already dived in to help people trying to save South Moresby Island. She helped to organize a huge international campaign and once again became the leading spokesperson. She and Richard often worked into the wee hours of the morning on strategy.

Logging interests on South Moresby put out a newsletter attacking the leading environmentalists who were trying to save the park. It was circulated all over the province. Colleen was ridiculed and attacked with terrible, false accusations. Because of it, she endured hate on the streets of her own home town. People regularly spat on her car. She had a rock thrown through her window and lost so much business in her store that she had to close down. Yet she never once considered quitting.

During the 13 years of the Valhalla Park and South Moresby campaigns, the Valhalla Wilderness Society had no funding other than what it earned from community bake sales, small donations and the intermittent sale of posters and t-shirts. Having lost her store, by the time the parks were created Colleen was $40,000 in debt. This became known and one day a private funder tracked her down and pressed a cheque for $20,000 in her hands. I still remember another funder sitting us down and explaining that other groups raised funds to do these kinds of things.

Not long afterward, in 1991, Colleen learned that $14 billion worth of pulp development was planned in the Boreal forest, threatening the way of life of many small aboriginal and farming communities. She bought an arctic parka and blithely announced to the directors of the Society that she was headed off across Canada (in the middle of winter) to warn these communities. A friend from Calgary donated a rusty, old van and writer-journalist Doug Cowell agreed to be Colleen's side-kick and raise media awareness.

Colleen was never happier than when she was travelling back roads meeting aboriginal people. She left a trail of organizing all the way across northern Canada. The result was Canada's Future Forest Alliance. The Alliance, now numbering nearly 300,000 members, is a network of environmental, native, labour and community groups and individuals interested in reform of forest policy and practice, chiefly in the Boreal forest.

Along the way, she won the Governor General of Canada's Award for Conservation, the IUCN's Fred M. Packard International Parks Merit Award, the Equinox Award for Environmental Achievement, the UN Global 500 Award, the Vancouver Island Human Rights Award and finally, the Goldman Environmental Prize, regarded as the Nobel Prize of the environment. This brought a large monetary reward that was used to pay off her debts, incurred fighting for the environment. It also brought her international attention and meetings with the head of the UN in New York and the US President.

The awards didn't change Colleen and she didn't pause to enjoy her success. She threw herself into saving the Goat Range Provincial Park and helping Wayne preserve the Khutzeymateen Grizzly Sanctuary and the new Spirit Bear Conservancy. Today, the Valhalla Wilderness Society has led successful campaigns to protect 1.25 million acres of BC's wilderness.

It wasn't all success stories. One of Valhalla's biggest battles was for the Slocan Valley watersheds. We threw everything we had into it in the way of scientific studies, court battles and media work. By that time, Colleen was deeply exhausted, but she pounded the streets of big cities for five years raising funds to

Colleen and her son Shea in Valhalla Park. Photo courtesy of Valhalla Wilderness Society.

support that campaign. I still remember her anguished, tear-tracked face when Slocan Forest Products, aided by a whole troop of RCMP officers, drove its bulldozers through a blockade of 400 people by the bridge at New Denver. Across the road, a small crowd of industry supporters was chanting, "Get Colleen! Get Colleen!" But times had changed. The great majority of valley residents were standing with her that summer.

She had already experienced intimidation for speaking out many times, but she had also confronted the truth of a vastly more frightening threat: What was going to happen to the prospects for life on this planet if people like her backed down?

She deplored the fact that governments today require the public to negotiate with logging companies for permission to save some forest. That made the logging companies the ultimate authority over our forests. The practice quickly degraded to the point where a few environmental groups and logging companies were deciding the fate of public resources behind closed doors, with no means for public scrutiny.

Colleen confronted that and other poor practices within the environmental community, with no less determination than in her confrontations with the logging industry. She fought many battles for accountability in the movement. What disheartened her most was not that a few environmentalists lacked principles in their work, but that the majority who did have integrity inadvertently sanctioned the abuses. She was marginalized as an extremist by some and accused of petty nitpicking by others, but at all times her sight was fixed on the critical values sacrificed by those who were willing to accept a quick and cheap success.

She was a real-life tree shepherd. She carried much pain about the destruction of our forests. She knew that people in the future are going suffer terribly for this, just as they have in Africa, South America and Asia where forests have been destroyed. Her concern about people also had many other outlets. Few, if anyone, in the environmental movement knew that Colleen was a dedicated caregiver for many sick and elderly people in our villages.

The incredible outpouring of recognition, grief, love and tribute for Colleen has at last brought out, for all to see, how many people supported her. By the time she died, Colleen was beloved in the Slocan communities, admired even by some loggers.

However much the majority of us might fear and avoid confronting injustice, in our hearts we admire someone like Colleen who has the courage to overcome that fear and take action in non-violent, principled ways. Let the recognition that we have lost a great defender of living things, and of our children's future, stir us to make a stronger defence ourselves.

Today, her life is a star that shines down on a path through that deep wilderness up ahead, leading us onward to help save the wilds and the animals of our beautiful planet before it is too late. Her last vision was to protect the old-growth inland rainforest and the endangered mountain caribou. That vision gave birth to the Central Selkirk Mountain Caribou Park Proposal.

Creating this park would save forests of huge old trees that we need to store carbon to offset global warming. It would offer a sanctuary to hundreds of species and give the Central Selkirk mountain caribou herd the best chance of survival. If you want to do one single action in Colleen's honour, consider supporting that park proposal. You can find out more about it at www.vws.org.

I heard young environmentalists ask Colleen, "How can I get empowered to be an environmentalist?" But that's a question Colleen never asked. It was always, "How can I help?"

Anne Sherrod has been a director of the Valhalla Wilderness Society for 22 years and is presently Chair.

The public is invited to a memorial for Colleen on August 25 and 26 in Silverton, BC. Family and community gather on August 25 and members of the environmental movement on August 26. For more information visit www.vws.org

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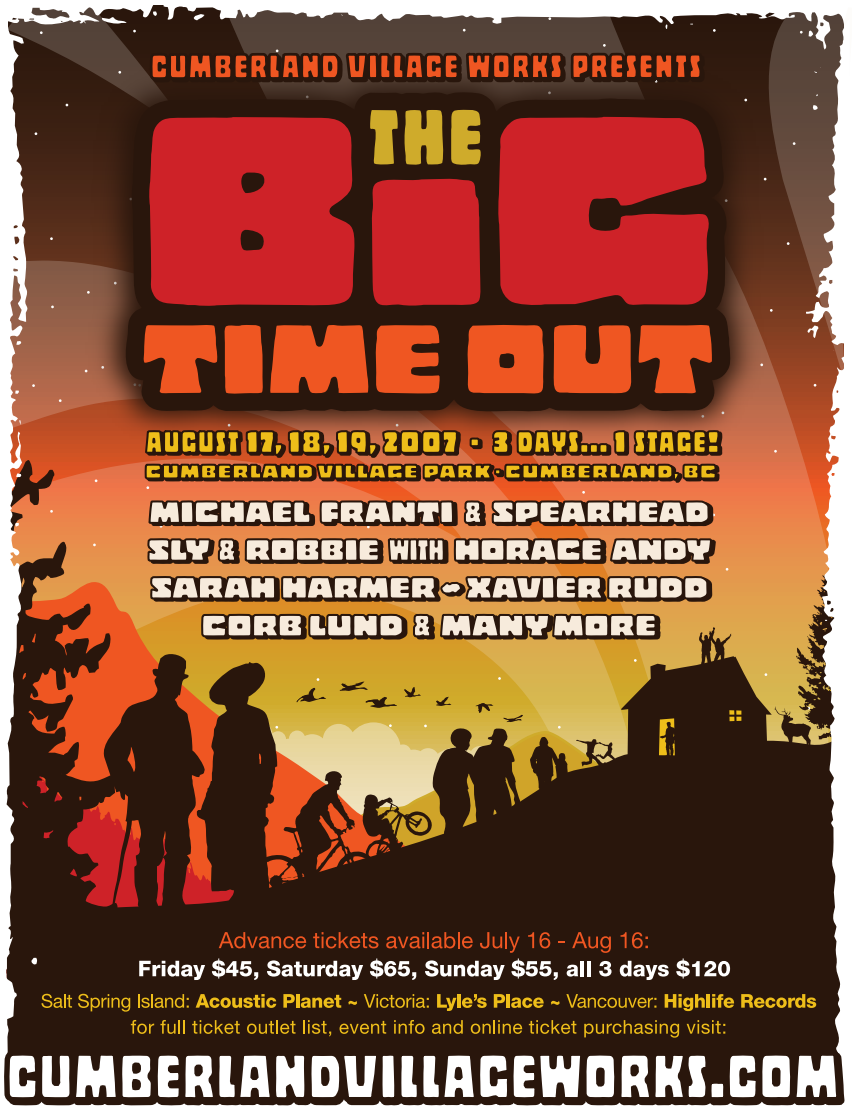
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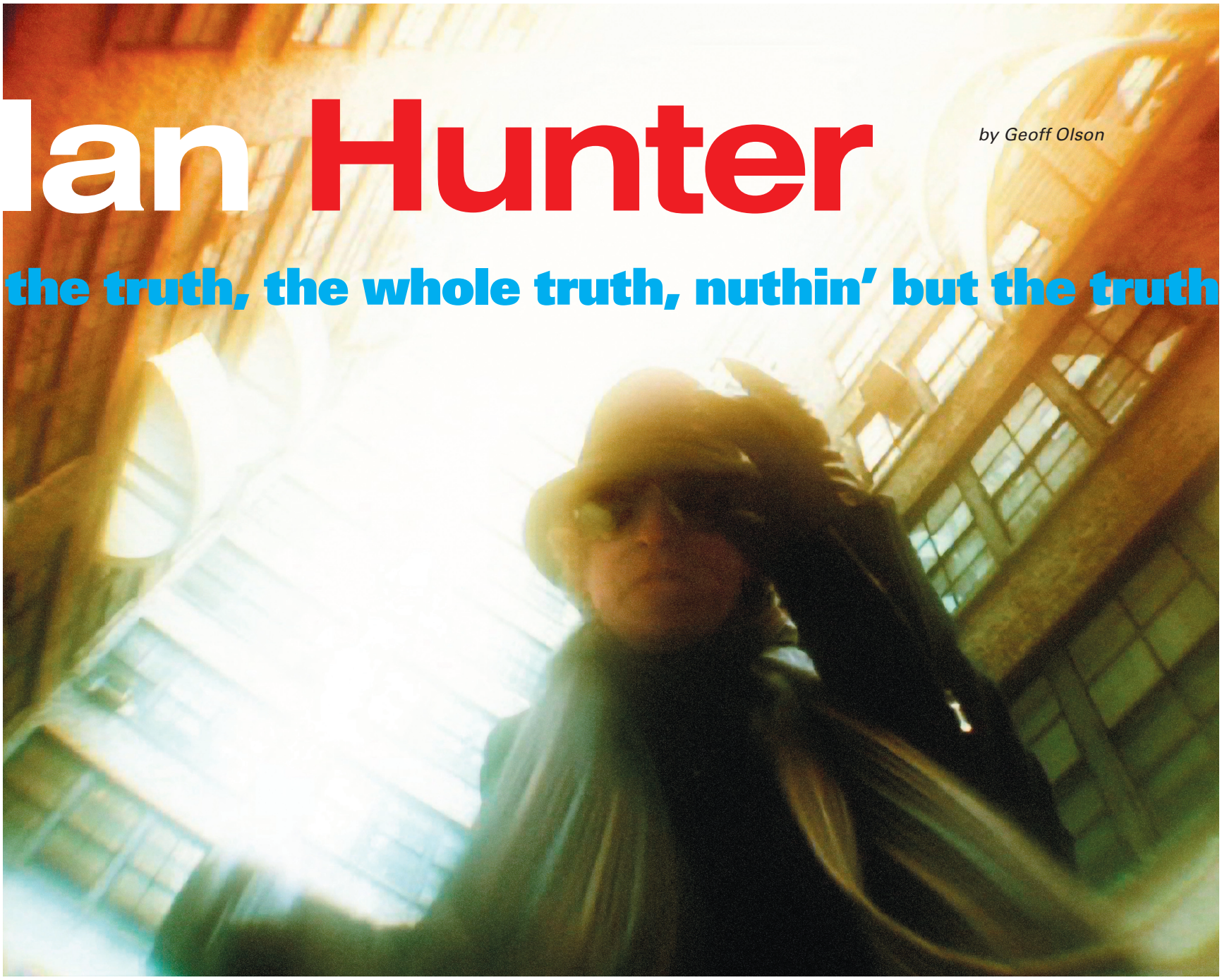
Ian Hunter

the truth, the whole truth, nuthin' but the truth

by Geoff Olson



Photos by davidplakke.com

Ian Hunter Patterson has seen some strange days. After Doors singer-songwriter Jim Morrison expired in a Paris bathtub, the band offered Hunter the Lizard King's job. He turned it down. Perhaps if he had accepted, he'd now be a household name. For decades, the British rock veteran has strummed away on the half-lit margins of the critical and commercial spotlight, even while inspiring and influencing several generations of rock bands, including The Clash, Wilco, Oasis and REM.

Whatever the reason he's been denied mega-stardom, Hunter himself has never cared much for the fame game. His relatively low profile in the music industry may have actually allowed him more creative room to manoeuvre than bigger names. While many other artists from the 60s and 70s have descended into musical self-parody and bloated overproduction, Ian Hunter slowly laboured away, adding to his impressive catalogue. Every half-decade or so, he'd release another album filled with sly lyrics, superb arrangements and more hooks than a tackle box. The clunkers were relatively few. You'd think that would be enough to wake up the musical establishment, but dozing reviewers and radio programmers preferred to hit the snooze button.

Yet, the singer-songwriter's wheel has taken another turn with his new album, *Shrunken Heads*. Released in May by Yep Roc records, the album has received glowing reviews in *The New York Observer*, *Village Voice* and *Rolling Stone*. Even that East Coast arbiter of taste and style, *The New Yorker*, sat up and took notice.

Born in Oswestry, England, to a working class family, Ian Hunter Patterson hardly seemed destined for rock and roll royalty, or any other kind of crown. But when he first heard Jerry Lee Lewis sing *Whole Lotta Shakin' Goin' On*, his rebellious nature found its musical compass. Bounced from one school to another, Hunter was the classic problem child. At one point, his parents wanted to have him committed, he told *The Independent*. "My dad was a cop. He became an NCO at Sandhurst and ended up in MI5. I was a slob, the complete opposite. He was an army boxing champion who'd think nothing of taking you in the back room and giving you one in the guts."

Hunter found employment over these years as a road digger, factory labourer and a reporter for a local paper. He always kept his hand in music, playing in a mutating series of bands with friends from Northampton. Hunter recalled to biographer Campbell Devine his onstage habit of leaping around like a maniac: "Music affected me so much. The rest of them just stood there. It was funny; I had kids who came just to watch me do this and I can't imagine what it looked like."

In 1968, when British producer Guy Stevens went looking for a lead singer for a hard-rock, 60s band he was producing, Hunter's name came up. After one audition, Stevens had his frontman.

Stevens changed the name of the band from Silence to Mott the Hoople, after the novel by Willard Manus. He then set out to reform the lead singer's fashion crimes. "I was fat, had short hair and a two-piece corduroy suit," Hunter recalled in a film documentary on Mott the Hoople's early years. He and his producer settled on what turned out to be his trademark look: a corona of curly hair framing a chiselled, poker face, half-hidden behind sunglasses. A hankering for disguise might come naturally to the son of a spy, but the singer/songwriter claims he took to shades to conceal his white eyebrows. Another factor may have been age; by 1969 he was a family man in his 30s, older than Bob Dylan or any of the Beatles. With a decade on his Mott the Hoople band mates, he was, in relative terms, close to rock 'n' roll fossilization.

Never impressed with his own voice – he used to "feel sick" when he listened to British singer Cliff Richards – Hunter opted for Dylanesque phrasing, and sheer volume. While most early 70s' singer-songwriters were still trading on the era's fading flower power, Mott the Hoople's lead singer was penning and performing *sturm und drang* ditties like *Death May Be Your Santa Claus.* With its symphonic hard rock sound and onstage bluster, Mott the Hoople came across like a tour bus collision between The Stooges and The Electric Light Orchestra. Reputedly one of the wildest rock acts of the time, Mott the Hoople's aggressive enthusiasm could be a bit too infectious. After several concerts ended in riots, the band was banned from venues across England. "It might sound glorious but it's not," says Hunter. "These were venues in which you could make good money."

By 1972, nonstop touring, debt and disinterested management had blown the band apart. Longtime fan David Bowie, hearing that Mott the Hoople had called

it quits, pleaded with them to reconsider. "He offered us *Suffragette City*, which I didn't think was good enough," Hunter recalled to a Norwegian interviewer in 2004. "And then he sat down on the floor – it was in a publisher's office on Regent Street – and plays *All the Young Dudes* on an acoustic guitar." Thanks to Bowie, Mott the Hoople had a new lease on life, and what would become their concert encore anthem and biggest hit single.

Hunter kept a journal during this period, which was released in paperback in 1974 as *Diary of a Rock 'n' Roll Star*. Annotating the band's mundane struggles with hotels and laundry, the plain-spoken author deconstructed the glamour of rock tours, while training a gimlet eye on the surreal quality of American culture. ("The Americans have an uncanny knack of making all adult things extensions of children's toys.")

In spite of a rabid following in Britain, Mott the Hoople eventually collapsed, or more specifically, Hunter collapsed, hospitalized for nervous exhaustion. He returned in 1975 with an eponymous solo album, showcasing the incendiary guitar work of Bowie sideman Mick Ronson. Two solo albums later, the self-described "slimmer twins" collaborated on 1979's *You're Never Alone With a Schizophrenic*. By then, the artist had his green card, and had made his move stateside, residing in the New York area.

Hunter says the pair "lost the thread" in the 80s, wandering around in a top-40 wilderness dominated by droning keyboard riffs, electric drums and manic guitar fretwork. By the late 80s, the two friends were collaborating again, cutting a live album for the *BBC*, and working on the studio album *YUI Orta*, a title inspired by the Three Stooges and their signature line, "Why You, I Oughtta…" To the commercial music world, they were yesterday's men – a self-fulfilling prophecy given the half-assed promotion for the album. But Hunter's expectations of big music corporations have always been low. He recently told Mark Mitchell of BCB Radio that aspiring musicians should avoid a "… scumbag business run by thugs."

I was lucky enough to see the Hunter/Ronson band perform during this period in a small venue. He and his partner launched into a blistering, note-perfect performance of their co-authored works, with a band so tight the players seemed psychically spot-welded. Ronson wove baroque chord progressions around the howling Hunter, who performed like a man possessed. (In 2002, the bemused performer told a Norwegian interviewer, "I once walked onstage and felt Ian Hunter entering my body.")

Throughout much of the 80s and 90s, the former Mott the Hoople frontman was busy with family life, while Ronson drifted into session duties and obscure ethnomusicological adventures, like producing Hawaiian music. Astoundingly, one of rock music's finest guitarists almost abandoned music altogether, to find work as a cook. A classically-trained musician who was also a superb arranger, Ronson died of liver cancer in 1993.

In keeping with the strange course of his life, Hunter's record royalties were buoyed during this time by cover versions from the likes of Great White and Barry Manilow. Another unexpected source of credit materialized from *ABC* when *The Drew Carey Show* enlisted a cover version of his song *Cleveland Rocks* for the show's opening titles.

The start of the new millennium marked Hunter's musical resurgence. He began work on a new album, *Rant,* and posted his flag on the Internet at *ianhunter.com*. Hunter maintains a column on the site, *Horse's Mouth*, in which he answers email, offering sage advice to struggling musicians, and thanking fans from all over the world for their frequent compliments.

For some reason, Hunter has a particularly zealous fan base in Scandinavia. His two albums from the 90s, *Dirty Laundry* and *The Artful Dodger* were produced in Norway, as was the 2002 DVD live performance, *Strings Attached*. At last, one record outfit, Universal Europe, did things up right. Hunter posted the following on his website during the filming for the DVD: "They put me in the Nobel Peace Prize suite at the Grand Hotel in Oslo. Unbelievable. Chandeliers – the works. The balcony is the most famous balcony in Norway. It's where all the recipients stand after they received their prize. My kids were throwing snowballs off it at people to my undying shame!"

Hunter's musical oeuvre, then and now, could be described as chiaroscuro, a $50 word referring to the bold contrast of light and shadow. There's plenty of darkness in his catalogue, yet even his most melancholy ballads and most bitter rockers contain subversive shards of light.

Loss and longing have always been Hunter's greatest creative spur. *Irene Wilde* concerns a boyhood love affair that fails to ignite, spurring a decision to "… be somebody someday." *Sons and Daughters* laments the effect of divorce on children; *Rollerball* addresses the destruction of music and art through corporate control; *Dead Man Walking* is a wounded rejection of ageism and aging; *Now Is the Time* is a prayer to a dying friend, Freddy Mercury of Queen. One of Hunter's most moving ballads, *Michael Picasso*, concerns coming to terms with the loss of his fellow artist and "brother," Mick Ronson. With its naked lyrics, the song narrowly skirts pop-music schmaltz before ascending to the rock n' roll Empyrean.

On his new album, *Shrunken Heads*, the singer takes loss to another level, melding the personal with the political. As Hunter says, "There are two languages in America: English and bullshit." The lies of his adopted homeland have certainly supplied plenty of fuel for his muse. Obviously a man who loves the US – the lyrics to the song *Soul of America* name-check Thomas Paine, John Adams and Geronimo – Hunter feels the appalled bewilderment of his fellow citizens as keenly as they do.

continued on p. 34

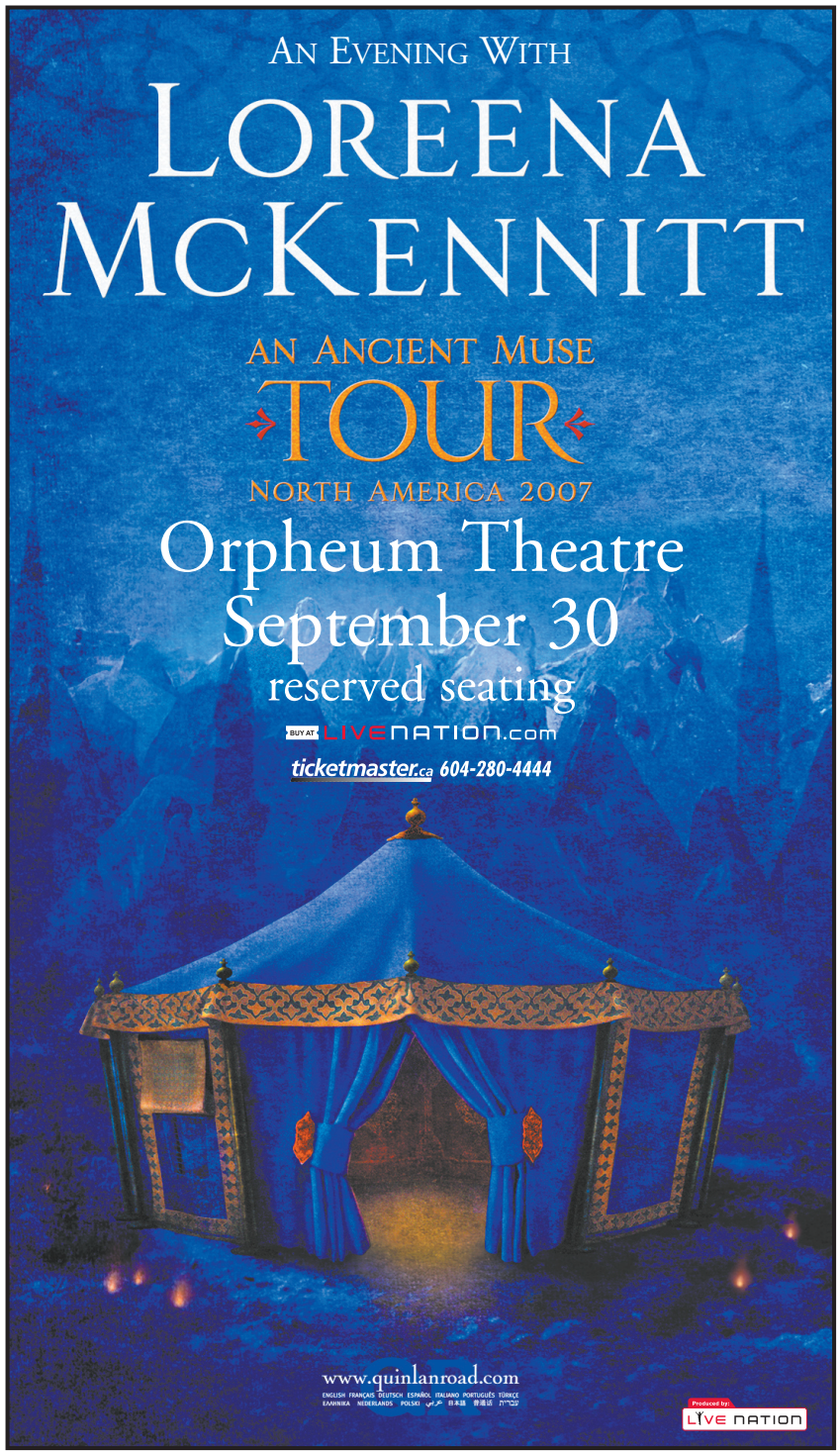
Everybody lies 'n' we're stuck in the middle

I think I liked it better when the world was round

There's too much information but not enough to go on

I think I liked it better when the world was round

~ ***When the World Was Round*** from Ian Hunter's new album ***Shrunken Heads***



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Your timeless essence

THE POWER OF NOW *Eckhart Tolle*

Awareness of the inner body has benefits in the physical realm. One of them is a significant slowing of the aging of the physical body. Whereas the outer body normally appears to grow old and wither fairly quickly, the inner body does not change with time, except that you may feel it more deeply and become it more fully. If you are 20-years-old now, the energy field of your inner body will feel just the same when you are 80. It will be just as vibrantly alive.

As soon as your habitual state changes from being out of the body and trapped in your mind to being in the body and present in the Now, your physical body will feel lighter, clearer, more alive. As there is more consciousness in the body, its molecular structure actually becomes less dense.

When you become identified more with the timeless inner body than with the outer body and when presence becomes your normal mode of consciousness and past and future no longer dominate your attention, you do not accumulate time anymore in your psyche and in the cells of the body. The accumulation of time as the psychological burden of past and future greatly impairs the cells' capacity for self-renewal. So if you inhabit the inner body, the outer body will grow old at a much slower rate, and even when it does, your timeless essence will shine through the outer form and you will not give the appearance of an old person.

Another benefit of this practice is a great strengthening of the immune system. The more consciousness you bring into the body, the stronger the immune system becomes. It is as if every cell awakens and rejoices. The body loves your attention. It is also a potent form of self-healing. Most illnesses creep in when you are not present in the body. If the master is not present in the house, all kinds of shady characters will take up residence there. When you inhabit your body, it will be hard for unwanted guests to enter.

Not only your physical immune system becomes strengthened; your psychic immune system is greatly enhanced as well. The latter protects you from the negative mental-emotional force fields of others, which are highly contagious. Inhabiting the body protects you by raising the frequency vibration of your total energy field, so that anything that vibrates at a lower frequency – fear, anger, depression – now exists in what is virtually a different order of reality.

There is a simple but powerful self-healing meditation you can do whenever you feel the need to boost your immune system. It is particularly effective when you feel the first symptoms of an illness, but it also works with entrenched illnesses if you use it at frequent intervals and with an intense focus. However, it is not a substitute for the moment-to-moment practice of being in the body; otherwise, its effect will only be temporary.

If you inhabit the inner body, the outer body will grow old at a much slower rate, and even when it does, your timeless essence will shine through the outer form and you will not give the appearance of an old person.

Here it is. When you are unoccupied for a few minutes, especially last thing at night before falling asleep and first thing in the morning before getting up, "flood" your body with consciousness. Close your eyes. Lie flat on your back. Choose different parts of your body to focus your attention on briefly at first: hands, feet, arms, legs, abdomen, chest, head, and so on. Feel the life energy inside those parts as intensely as you can. Stay with each part for 15 seconds or so. Then let your attention run through the body like a wave a few times, from feet to head and back again. This need only take a minute or so. After that, feel the inner body in its totality, as a single field of energy. Hold that feeling for a few minutes. Be intensely present during that time in every cell of your body. Don't be concerned if the mind occasionally succeeds in drawing your attention out of the body and you lose yourself in some thought. As soon as you notice that this has happened, just return your attention to the inner body.

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Release your judgments

UNIVERSE WITHIN *Gwen Randall-Young*

SPIRITUALITY

If you judge people, you have no time to love them. – Mother Teresa

So much harm is done in our world by standing in judgment of others, yet that behaviour seems to be ubiquitous when it comes to the human ego. As a small child I remember one set of relatives always speaking negatively of another branch of the family. I never met any of the people being criticized, but in my child's mind I knew they were the "bad" ones.

I also recall my siblings and me criticizing each another and seeming to enjoy tattling on the others. Once in school, someone was always gossiping about someone else. There was a kind of "group-think" when it came to who was okay and who was not okay.

No one consistently taught us to behave otherwise. Yes, we learned the golden rule, but it seemed a lofty ideal that did not really apply to survival in daily life. Oh, we could pull it out when we were commenting on someone else's behaviour, but in truth, our lived rule was more like do unto others *before* they do unto you, or do unto others *because* they did unto you first!

The reason the "love thy neighbour" sentiments did not "take" was because it was not what we saw happening around us. We were more likely to hear mom and Mrs. A over coffee trashing Mrs. B. who lived up the street. And perhaps, without his having to say anything, we knew dad thought the guy who lived on the corner was an idiot.

Life can be such a battleground for ego. First, it polarizes everything into me and not me, then with me or against me, then good/bad, right/wrong, and so on. While this may be an extension of the ego-centric nature of the child – where all that brings pleasure is good and that which does not serve me is not – some never get past this kind of polarizing.

That seems to me to be a hard way to live, for there will always be something to judge, someone not to like and somebody to exclude. All these are negative processes which put the body/mind into a state of contraction and separation. This creates stress and tension in the body, which in turn weaken the immune system. It is simply not healthy.

We do, however, have the option of evolving beyond the struggles of ego, frequently created by self. We do not have to continue to identify with, and be directed by, the more primitive aspects of our humanness. Soulfulness is also part of being human, but ego and soul cannot both perform on the same stage. If ego has the floor, there is no room for the gentle, wise voice of soul. Soul has no cause or reason to judge. From the perspective of soul, we are all one, all part of the same human family.

We do not have to continue to identify with, and be directed by, the more primitive aspects of our humanness. If ego has the floor, there is no room for the gentle, wise voice of soul.

To diminish another is to diminish ourselves, and ultimately the collective. A judgment is primarily a statement about the judge. It is ego saying, "I represent what is ideal and am much better than you. I know the truth and my way is the right way. Your way is unacceptable and wrong."

Interestingly, this is the way extremists talk. If the microcosm is reflected in the macrocosm, it is not surprising that we live in a world that is so divided, territorial and adversarial.

What is happening at the cellular level of the body affects the overall health of the entire being. If we are each a cell in the global body, then each time we judge another we are adding more polarizing toxicity to an already dangerously polarized world, as well as polluting our own physical, emotional and spiritual environment.

"… Lest ye be judged" is no longer reason enough to stop judging. We must stop judging not out of fear, but out of love. (See below for information on obtaining my CD *A World of Kindness: Experiencing Personal and Global Harmony.*)

Gwen Randall-Young is a psychotherapist in private practice and the author of Growing Into Soul: The Next Step in Human Evolution. *For articles and information about her books and personal growth/hypnosis CDs, visit www.gwen.ca See display ad this issue.*

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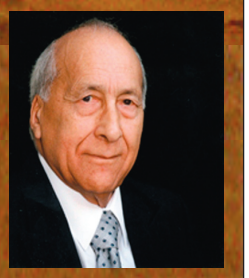

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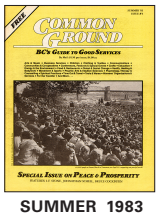

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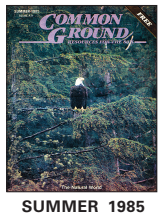

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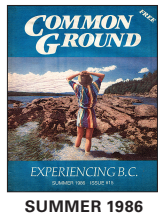

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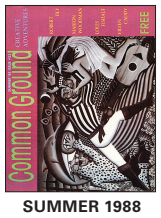

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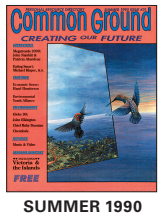

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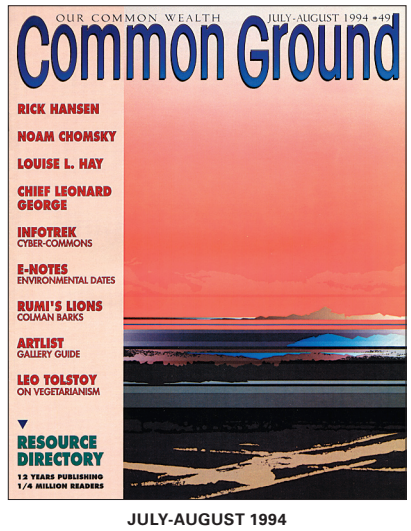

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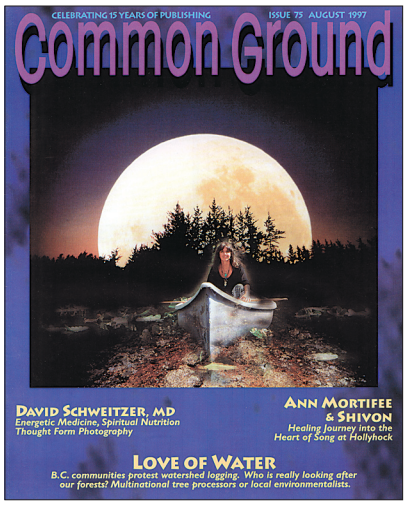
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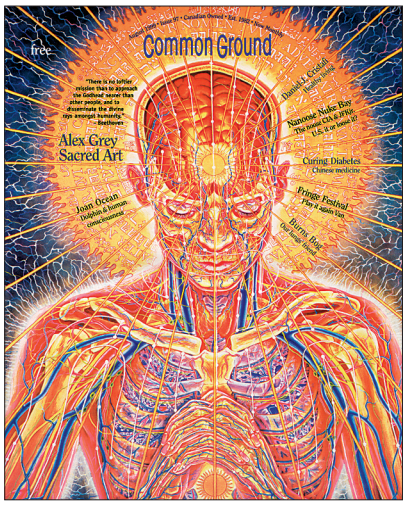

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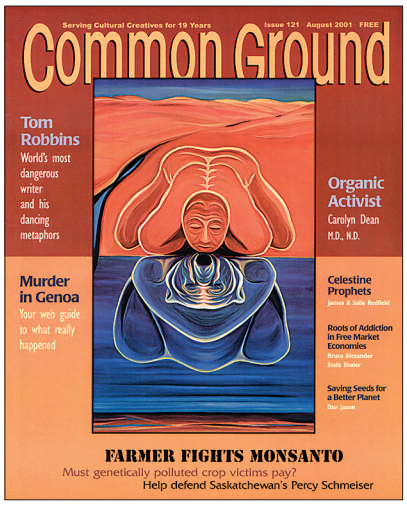
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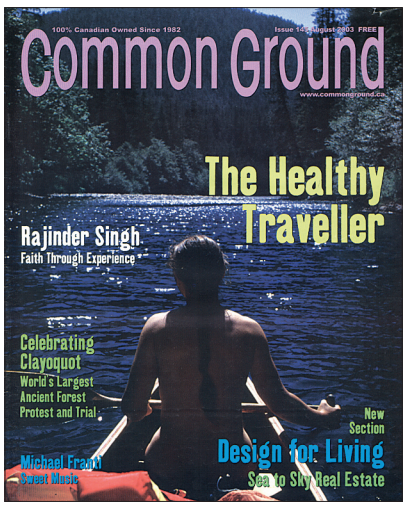

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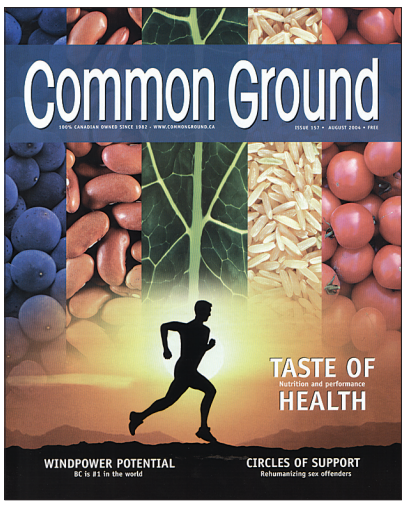

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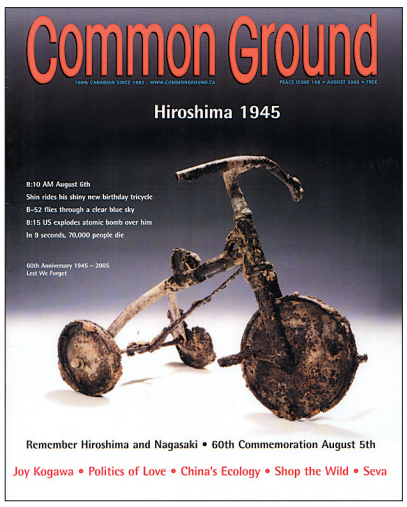
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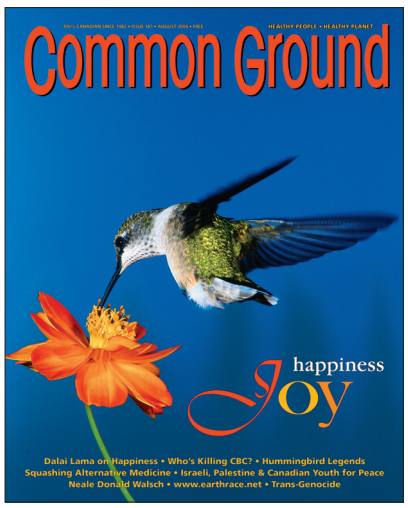
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The clock is ticking

FILMS WORTH WATCHING *Robert Alstead*

The setup of Patrice Leconte's *Mon Meilleur Ami (My Best Friend),* showing at the Ridge (first week in August) is a promising one. François (Daniel Auteuil), an antiques dealer, is having a birthday dinner celebration when his business partner Catherine coolly suggests that he has no friends. Francois fobs off the comment saying that his days are full of meetings, phone calls and interactions with people he calls friends. When the other guests candidly agree that they certainly would not call themselves his "friend," Catherine makes a bet that, in the next 10 days, his best friend will not vouch for him; he has no friends. Rather than feel stung, Francois accepts the challenge. And so begins a journey of self-discovery that is both painful and amusing to watch.

In his desperate quest for the perfect friend, Francois enlists the help of Bruno, a gregarious cab driver (played well by Dany Boom), who has a head for trivia. This gives rise to sketch-type episodes as François tries to learn how to win friends but messes up, usually by getting out his cheque book. One of the strengths of the film is the first-rate cast, particularly the lead. Auteuil, surely one of the most recognizable faces in French cinema, brings depth and pathos to what is a shallow and aloof character. François's behaviour still requires that you must sometimes suspend disbelief, but ultimately *Mon Meilleur Ami (My Best Friend)* is a dark, little comedy that delivers, albeit in a formulaic way.

To anyone who has been paying attention, the idea that the planet is at its "eleventh hour" is not a new one. When a wave of eco-awareness hit the developed world in the early '90s, it was frequently pointed out that if the life of our planet was measured in hours on a clock then the first inkling of man on the planet would be in the last minute of the eleventh hour. By the same measurement, in only the few seconds that have passed since the Industrial Revolution, we've succeeded in clearing massive amounts of the Earth's forest cover, driving untold numbers of species of animal and sea life to extinction, extending deserts, poisoning water supplies and causing the planet to heat to a level where it is in danger of spiralling out of control and killing off life on Earth.

If the life of our planet was measured in hours on a clock then the first inkling of man on the planet would be in the last minute of the eleventh hour.

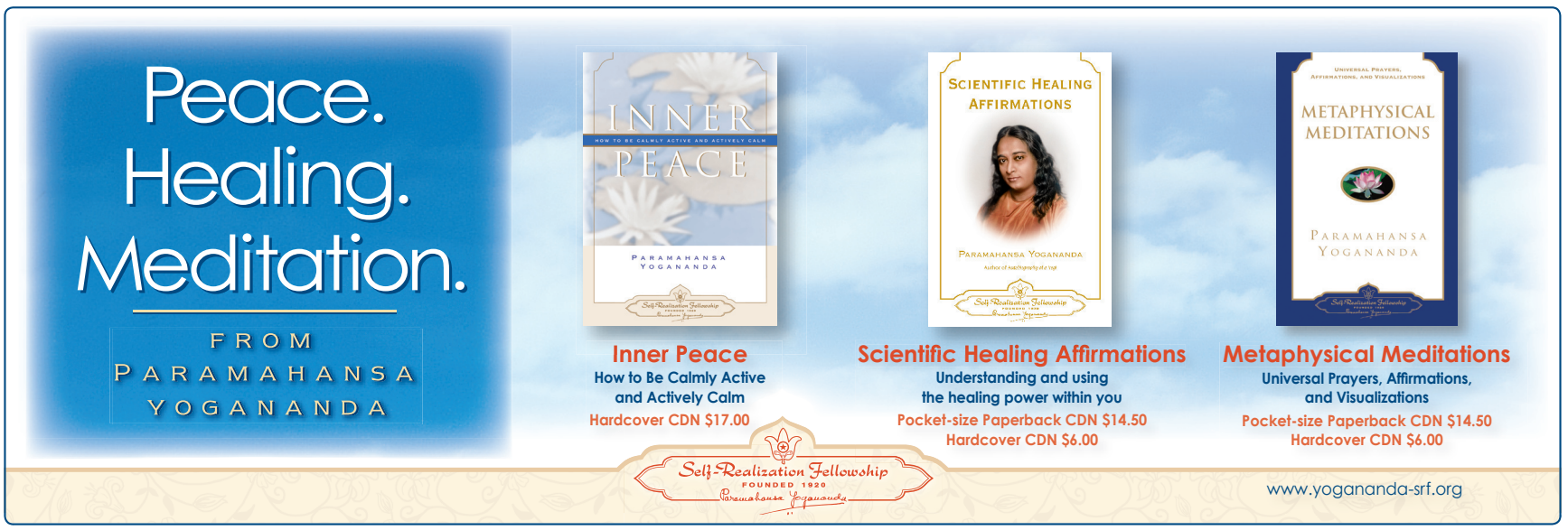
Leonardo DiCaprio's eco-documentary *The 11th Hour* (out August 31) spends much time laying out the damage and the source of the problems, but those who saw it at the Cannes Film Festival say that it also spends a good part of the film offering solutions. The film suggests as much as 90 percent of the human footprint could be eliminated right now, if the political will were there. *The 11th Hour* says this is our last chance for governments to act.

Thematically, there are clear parallels with Al Gore's highly effective *An Inconvenient Truth.* The difference is that where Gore gave a solo lecture, the hour-and-a-half long *11th Hour* weaves together interviews with many prominent thinkers on the environment: David Suzuki, scientist Stephen Hawking, Paul Hawken, Ray Anderson, Soviet Prime Minister Mikhail Gorbachev, former head of the CIA R. James Woolsey and sustainable design experts William McDonough and Bruce Mau. "We interviewed about 71 people and from those interviews, we got over 150 hours of interview footage," says Leila Conners Petersen, who made the film with her sister Nadia Conners and Leonardo DiCaprio. "We then selected the best statements from all those interviews and put them into a script that, when assembled and dubbed, ended up being 17 hours. From those 17 hours, we edited the film down to 91 minutes. The result is a single narrative that is told by 54 people."

In last year's *An Inconvenient Truth*, Gore said that we probably have 10 years to fix our ways before reaching the tipping point. It seems like people listened and have started taking action. Hopefully, *The 11th Hour* will provide another necessary spur for change.

Robert Alstead's eco-documentary You Never Bike Alone *about Vancouver's Critical Masses is out on DVD at www.youneverbikealone.com*

Leonardo DiCaprio while filming **The 11th Hour**.
Photo credit: Chuck Castleberry © 2007 Eleventeen Productions, LLC



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HEALTH

Whatever our dietary choice, getting enough protein throughout the day makes a big difference. The good protein sources, especially beans, peas and lentils, help us to level out our blood sugar and keep our energy up throughout the day. These protein-rich foods also provide essential minerals, such as iron and zinc.

When people switch to a diet that is more plant-centred, they often ask, "Where will I get my protein?" In fact, it's easy to meet recommended intakes with plant protein. For example, a cup of cooked lentils or beans – black, garbanzo, lima, navy, kidney, pinto, or white – provides 14 to 18 grams of protein. A half-cup of peanuts or a quarter-cup of peanut butter provides 16 to 17 grams. For comparison, note that a quarter-pound hamburger patty provides 19 grams.

Most of the calories in meat actually come from fat, rather than from protein. In contrast, only two to four percent of the calories in the aforementioned lentils and beans is derived from fat. The veggie "meats" that are available in a myriad of forms, and found in the produce section of major supermarkets, can easily provide as much protein as the biggest burger or chicken breast you can find. Plus, these products have little or no saturated fat and are cholesterol free.

This is not to say that everyone manages brilliantly upon shifting to a diet that is more plant-centred. We've all heard of the people who end up thinking they must be the wrong blood type to be vegetarian. In fact, the problem was not their blood type at all. It's just that they never learned how to make something quick, easy and delicious from lentils. They didn't keep their fridge stocked with tasty, marinated tofu slices from the deli, or try out the various veggie burgers. They also never tried a fruit shake made with a banana, soymilk and strawberries (providing up to nine grams of protein).

How much protein do we need in a day? To meet our everyday needs for building new cells and enzymes, and for ongoing maintenance, we should aim for 0.8 grams of protein per kilogram body weight. Thus, the recommended protein intake for a person weighing 139 pounds (63 kilograms) is 50 grams of protein, and for a person weighing 175 pounds (79 kilograms), the amount is 63 grams. If we aim for a little more than that, our goal might be about one gram of protein per kilogram body weight.

What does a typical, daily menu look like when the protein comes from plant foods? In the example below, soy foods and lentils contribute 60 percent of the day's protein and the other 40 percent comes from foods that you might not have thought of as sources of protein.

By the way, don't believe all the anti-soy hype put out by competitive food industries. At the same time, a vegetarian menu that exceeds the daily recommended protein intake can easily be created without any soy at all.

Vesanto Melina is a registered dietitian and co-author of nutrition classics. For more information about protein and nutrients, see Becoming Vegetarian, Raising Vegetarian Children, Becoming Vegan *and the* Food Allergy Survival Guide. *She is based in Langley, BC, and regularly consults for people who wish to improve their health or who are in dietary transition. www.nutrispeak.com, vesanto@nutrispeak.com, 604-882-6782*

Meat-free eats

Protein (grams)

Breakfast

Orange juice, 1 cup	1.7
Oatmeal, 1 cup	6
Soy milk, 1 cup	7.7
Whole wheat toast, 1 slice	2.7
Almond butter, 1 tbsp	2.4
Breakfast total:	20.5g (580 cal)

Lunch

Marinated tofu (3 oz) in sandwich	13.1
Whole wheat bread, 2 slices	5.4
Carrot sticks from a 7" carrot	1
One apple	0.3
Lunch total:	19.8 g (377 cal)

Supper

Curried lentils, 1 cup	17.9
Brown rice, 1 cup	4.5
Broccoli, steamed	2.9
Supper total	25.3g (474 cal)

Snack/dessert shake

Soymilk	7.7
Banana, strawberries (1/2 cup)	1.7
Snack/dessert total:	9.4g (288 cal)

Total protein: 75 g (1,719 cal)

Someone who is building muscle might add a slice of toast with almond butter at breakfast, another half-sandwich at lunch and an extra half-cup each of rice and lentils.

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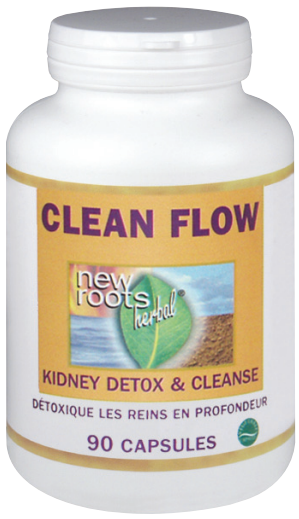

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DRUG BUST *Alan Cassels*

"It is a very problematic information environment." Those are the words of a UN spokesman in Afghanistan, recently commenting on the progress on the war there and the incredible difficultly officials had in accurately counting the deaths of civilians.

Very applicable words, I thought, given my world. Whether you are swallowing a war or a prescription drug, there's much that's "problematic" about the information we are able to access. Do we ever really know what's happening on the ground? Do we know how many people suffer injury or death due to the use of new prescription drugs? Not really, and while you could describe the regulation and marketing of prescription drugs as problematic, I think "shock and awe" are more applicable.

Whether you are swallowing a war or a prescription drug, there's much that's "problematic" about the information we are able to access. Do we know how many people suffer injury or death due to the use of new prescription drugs?

One key problem is that as a new chemical entity travels from laboratory bench to your mouth, the information consumers need to use it safely often isn't available, is biased or is actively kept secret.

For starters, the evidence a company presents to regulators like Health Canada or the US FDA, in order to get approved, is drawn from a relatively small and select sample of patients. We don't know the actual benefit/harm ratio from the data used to approve the drug because that information is secret and considered "proprietary." And Health Canada only releases "summary" information often leaving more questions than answers. Even with several rigorous and well-controlled trials behind a new drug, your physician really has no way of knowing how those data apply in real situations with the kinds of patients he will see in the "real world." And that's a huge problem.

Many people I talk to ask, quite earnestly, what's not to trust about the safety of a new drug? After all, it was studied in big trials, approved by a regulator, prescribed by a competent medical doctor and dispensed by a helpful pharmacist. How could we question the safety of it?

A good question, with a simple, succinct answer: Vioxx.

Think back to 1999 at the eve of a new millennium when Vioxx and her sister Celebrex were arriving on the market. The media breathlessly dubbed these two new Cox-2 inhibitors "Super Aspirin" as medical symposia around the world promoted them as less likely to cause gastrointestinal bleeding, a common side effect of non-steroidal, anti-inflammatory drugs.

The manufacturers were spending money like it was 1999 because, well, it was 1999. Thousands of sponsored medical dinners with "thought leader" rheumatologists bedazzled our physicians with the magical properties of these drugs. The intense competition between the two rival drug makers, Merck and Pfizer, created a situation where you could barely find a doctor that hadn't been wined and dined by those pitching their brand.

But what did the consumers know about these new drugs? Well, if you remember, Vioxx skated into our lives on one of the slickest and most expensive prescription drug ad campaigns every mounted, featuring figure skater Dorothy Hamel who helped expand and reshape an arthritis market which, up to that time, had been the preserve of little, old ladies.

At the same time, arthritis patient groups in Canada, lubricated with pharma largesse, were actively lobbying for public coverage of the drugs because, after all, provincial health plans are the biggest buyers around and if they weren't going to pay for them, it would severely limit the drugs' markets. In BC, the Arthritis Society used its website to ask visitors to fill out postcards to their MLA, demanding public coverage of the new drugs, so thoroughly smitten they were.

Seems like the patient advocates either weren't apprised of the bad news or didn't care. In 2000, the widely publicized VIGOR study suggested Vioxx may increase risk of heart attacks; the company's response was to spend $160 million on drug ads to skate around this uncomfortable bit of news. The millions the manufacturers invested in drug ads, rheumatologists, physician education and arthritis patient groups, an enormous investment by any standards, provided a good return. By 2003, Vioxx was the 10th most prescribed drug in Canada, and with worldwide sales in the multiple billions, Celebrex and Vioxx had redefined pharma's idea of the super blockbuster.

And then, of course, disaster struck.

Vioxx was withdrawn in disgrace in September of 2004 and thousands of lawsuits were launched against Merck amid estimates that its drug may have caused up to 120,000 cases of cardiovascular disease and left 40,000 to 60,000 people dead in the US alone. (The Vietnam War, by comparison, lasted three times as long as Vioxx and killed 58,000. How many died on the Vietnamese side is still open to question as that war, as you might have guessed, also presented a very "problematic" information environment.)

The sister Cox-2 drugs didn't fare much better. Bextra was yanked from the market shortly afterward and Celebrex, the sole Cox-2 remaining, wears a "black box," the most serious warning placed on a marketed drug product. What is problematic in the whole sordid Cox-2 saga is that nobody, including the regulators, the doctors and the arthritis advocates sending postcards to their MLAs, knew exactly what would happen when a drug tested on a few thousand select people is then used by millions.

Post-Vioxx, everyone asked how this could be prevented from happening again and we've heard many calls for restricting drug advertising, stopping drug companies from wining and dining our doctors and better post-market surveillance systems (i.e. monitoring a drug's behaviour once it enters the market). These measures don't, however, address the real problem: uncertainty.

The best approach to uncertainty when billions of dollars and thousands of lives are at stake is to collect more data. As the case of Vioxx soundly illustrated, what we need is what a group of Canadian academics have labelled "Real World Safety and Effectiveness" research (RWS&E). There are a number of ways to get this data before putting

Vioxx manufacturer, Merck, is a classic example of how savvy drug companies use aggressive advertising to push "wonder drugs" on a vulnerable audience. Vioxx may have caused up to 120,000 cases of cardiovascular disease and left 40,000 to 60,000 people dead in the US alone.

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new drugs on the market, but one way is to involve drug insurers to make sure that RWS&E data are being collected and analyzed.

I remember the hullabaloo when the Cox-2s came to BC; some researchers proposed that Pharmacare conduct a policy trial to determine the "real world" effects of Celebrex and Vioxx. The specialists, doctors and especially the arthritis advocates in Canada were so overwhelmingly infatuated with the Cox-2s, they wouldn't want another pesky "study" to find what would happen to these drugs in the real world. The researchers' wishes to gather additional

At the end of the day, when you look in the mirror and take your drug out of the medicine cabinet, you want to know two things: will it work and is it safe?

data were dismissed. And that's a pity. A properly controlled trial in the real population in the province could have discovered in a year what it took the company four years to admit: that for many patients, the harm of these widely-used drugs exceeded their benefits.

Like many, the industry-funded, patient arthritis advocates in Canada wanted access, access, access, and they pushed every provincial government in the country to pay for the drugs, with varying degrees of success, but that's another story. In Canada, the "access" mantra comes loudest from a group that calls itself the Best Medicines Coalition, an umbrella group largely consisting of pharma-funded advocacy groups. Check out the coalition's website at www.best-medicines.org and see if you can see how and where safety and "real world" drug information fits in its list of priorities.

At the end of the day, when you look in the mirror and take your drug out of the medicine cabinet, you want to know two things: will it work and is it safe? Despite our confidence in the regulator, the Vioxx debacle has rudely reminded us that good data from Real World Safety and Effectiveness research is about the most important safeguard we consumers need when new drugs arrive, all breathless and full of promise.

If the Canadian government needs more proof before it puts serious money behind Real World Safety and Effectiveness, it can look further into the past, before Vioxx, and recall other drug disasters: Tambocor, Baycol, Rezulin and Prepulsid all looked good out of the research pipeline.

continued on p. 34

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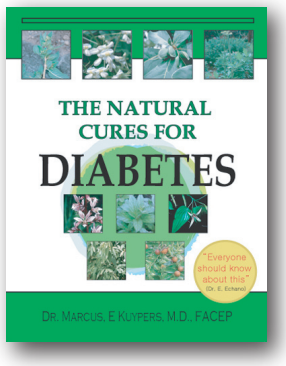

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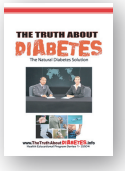

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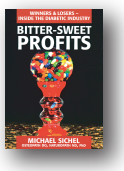

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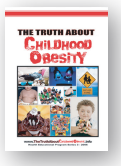

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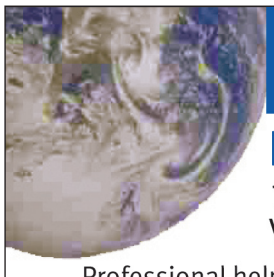

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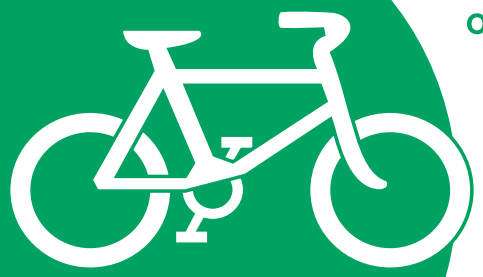

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EARTHFUTURE *Guy Dauncey*

ENVIRONMENT

I have a two-part question I'm asking people these days. The first part is: "Do you think humans will be around in 500 years?"

Almost everyone stops to think. No one has an immediate answer and that alone says a lot for our state of mind. Most then say "no."

This speaks terribly to our self-confidence as a culture, with the nay-sayers thinking like members of a losing baseball team who believe their glory days are over. How can we be expected to tackle our many challenges with this attitude? How can we be successful in restoring our Earth and making the transition to a world powered by sustainable energy? How can we succeed in protecting and restoring the beleaguered marine life in Earth's oceans if we cannot visualize that success and hold it firmly in our minds until it is complete?

since we become what we dream, what we visualize for ourselves. This is equally true for ourselves and for the planet.

For those who answer "Yes," I ask a second question: "Do you think humans will be around in a million years?" That really gets them thinking. So far, no one has replied with a straight "Yes." Some say "No," while others say, "Well, not in our present form."

Let me put this into context. Our human ancestors have walked this planet for three million years. Our primate ancestors, with whom we share 98 to 99 percent of our genes, have lived in Earth's forests for 55 million years. The fact that you are alive today is living proof that every single one of your ancestors had successful sex, right back to the first bacteria, 3.8 billion years ago. You are the amazing inhabitant of an unbroken chain of being that has lasted for a quarter of all time since the origins of our Universe. Your body, mind and soul encapsulate every advantage that the process of evolution has allowed them to gather.

You are the amazing inhabitant of an unbroken chain of being that has lasted for a quarter of all time since the origins of our Universe.

In the summer of 1940, Hitler occupied most of Europe and Britain stood alone against a sea of Nazi uniforms. All seemed hopeless. Yet if a British man or woman had been asked, "Do you think Hitler will win this war?" the answer would have been a resolute "No bleeding way!"

On a physical level, all that Churchill offered the British was "blood, toil, tears and sweat," but he also offered something else: "Victory at all costs. Victory in spite of all terrors. Victory, however long and hard the road may be, for without victory there is no survival. Let that be realized. No survival for the British Empire, no survival for all that the British Empire has stood for, no survival for the urge, the impulse of the ages, that mankind shall move forward toward his goal."

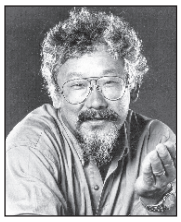
Why then, today, when we face an equally massive menace, do we doubt? Why do we look forlornly into our *latté grandés* and accept that humans will soon be extinct?

Cynicism is a luxury we cannot afford. It is a choice to blame some other amorphous force or factor, rather than pulling our will power out the cupboard and getting to work. It is a miserable surrender to the indulgence of pretending to be powerless. It is a self-fulfilling prescription for misery, depression and failure,

Yes, it is also true that 99 percent of all species that have existed at some point in the past have become extinct, so maybe there is rational justification for biological cynicism. From my observations of life, however, I doubt that any of those myriad creatures went gently into the night. The urge to live, to breathe once more the glorious scent of day, is far too strong.

Clearly, there is risk. That was also true in 1940. But once we learn to live sustainably, cooperatively and lovingly, I see no reason why we humans should not be around in a million years, inhabiting bodies genetically identical to those we have today. As for our souls, our evolving consciousness and our spirit, that may be a whole other story.

Guy Dauncey is founder of The Solutions Project, publisher of EcoNews *and president of the BC Sustainable Energy Association (www.bcsea.org). Visit www.earthfuture.com*



Put a price on pollution

SCIENCE MATTERS *David Suzuki*

Mention the concept of a new tax to politicians and most will run screaming out of the room to vacuum their cars or mow their lawns – anything to avoid talking about an issue that they think could cause them to lose votes, no matter how sensible or reasonable the concept may be.

That's going to have to change soon because we need to have a serious and open discussion about initiating a mechanism for pricing pollution, specifically carbon.

By now, everyone's aware of the mounting challenges we face from global warming. The science, while still ongoing, is very clear: The heat-trapping gases, such as carbon dioxide, that we're pumping into our atmosphere from our homes, cars and industries are warming the planet and disrupting the climate. If left unchecked the consequences will be severe, to both our environment and our economy.

So it's in everyone's best interest to start curbing our carbon output. There are many ways to do this, but most experts agree that market-based solutions can play a critical role. Two such solutions are a cap-and-trade system and a carbon tax. Under a cap-and-trade system, governments put a limit on the amount of carbon that can be released into the atmosphere. Industries have to stay within their limits. Innovators who go below their limits can sell their left-over emissions as credits to those who go over the set amount.

Under a carbon tax, the more you pollute, the more you pay. Such a tax could be applied to all products or activities that have a substantial carbon footprint – producing and burning gasoline, coal and other fossil fuels, for example. This would encourage industries to become more efficient and reduce costs, while encouraging consumers to save money by being more environmentally friendly.

Recently, a report by the government-commissioned National Round Table on the Environment and the Economy found that, regardless of which mechanism we choose, the longer we wait to put a price on carbon, the more costly it will be. The report said that, because businesses and investors make long-term decisions about capital costs, like buildings, technologies and equipment, they need a clear idea where the government is heading: "In essence, inadequate and delayed communication by the government of a [greenhouse gas] 'price' could lead to substantial long-term economic costs."

Politicians have a knee-jerk reaction to taxation, as do many Canadians. However, I don't think Canadians feel taxes are necessarily bad, so much as they think wasting tax dollars is bad and unfair taxation is bad. By its very nature, a carbon tax should be reasonably fair because it directly taxes the product that causes the harm and expense to society as a whole. The more you pollute, the more you pay. That seems pretty fair.

Wasting tax dollars is bad and unfair taxation is bad. By its very nature, a carbon tax should be reasonably fair because it directly taxes the product that causes the harm and expense to society as a whole. The more you pollute, the more you pay.

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But Canadians would also revolt if they felt their tax money was being wasted. That's why it would be essential to dedicate the money gained from a carbon tax to developing and promoting more sustainable alternatives. Proceeds from a carbon tax could be put toward providing better public transit, for example, thus improving the service or reducing the cost of a more sustainable transportation option. For electricity production, proceeds from a carbon tax on coal, say, could go towards cleaner, renewable energy sources like wind.

Global warming has really changed the environmental discussion in Canada and throughout much of the world. Suddenly, people are much more aware of our environmental challenges and eager to get moving on sustainable alternatives.

Government plays a key role in this movement and if our federal government isn't already seriously looking into a carbon-pricing mechanism, it should be.

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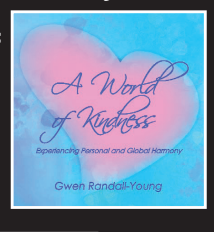

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Kimberly Baker at Emily Carr Insitiute Graduation Exhibition 2007.

Creative licence vs copyright law

by Kimberly Baker

I first heard about Canada's new Bill C-47 when I was printing off my artwork for this year's graduation exhibition at the Emily Carr Institute. My artwork, the *Transit Shelter Project*, focuses on the current debates around the Vancouver 2010 Olympics and homelessness. As my artwork ran off the printer, the technician asked, "You know that these are illegal?" I replied that I had used different pantone colours and computer fonts so I wasn't infringing upon any copyright laws.

"What I mean is VANOC has copyrighted the number 2010," he added. I was completely floored and asked how anyone could copyright a number.

"I don't know," he retorted, "but they have. Didn't you see the article in the front page of the *Vancouver Sun* that listed everything that you are not allowed to do? I suggest you look it up on the Internet."

Sure enough, an investigation showed that Canada had passed Bill C-47, the Olympic and Paralympics Marks Act, legislation that provides the Vancouver Olympic organizers with extreme power over the symbols and language linked with the Olympics. I had been so careful designing these posters; it was too late to redo them in time for the show, so I decided to hang them, regardless. Quite honestly, I didn't think anyone would notice my work hung amongst all the rest. Nevertheless, on the night of the grad show, crowds gathered in front of my poster.

The following week, the *Vancouver Sun* reviewed the work of four artists from the grad show, my poster being one of them. And though photos of each of my colleagues' artwork appeared in the article, mine had been excluded. Had the *Vancouver Sun* been so intimidated about liability issues pertaining to any formation of "Vancouver 2010" that they wouldn't print the image? I wondered if VANOC would actually sue the newspaper and I began to think about the larger issues at stake. What happens when the organizers of a cultural event such as the Olympics are given so much power that they overrule our civil liberties? In my opinion, Bill C-47 was a direct infringement of our freedom of expression under the Canadian Charter of Rights and Freedoms.

Throughout history, artists have played an important role, turning their art into a political tool that questions and confronts existing power structures. Social commentary and political protest in art reach back to the French Revolution and the birth of modernity when art became a moral force in society. Today, a substantial number of artists maintain the tradition of communicating the world's social and political struggles, while the shifting social realities of our time have led to questions regarding the definition of art and about art's place in the world and the artist's role within it. The artist's practice of accessing popular culture through the appropriation of media's symbols and tools, including advertising, has become an important method of making statements about a wide range of contemporary political and social issues.

Canadian artists such as Carl Beam combine painting with found objects like newspaper articles and advertisements, as a way of incorporating the symbols of contemporary culture. In Vancouver, emerging artists, such as Sonny Assu, appropriate pop culture symbols and reconfigure them into political symbols. In this way, the relevant issues become visible to a broader, public audience, challenging the notions of political authority, as a result.

For a socio-political artist such as myself, Bill C-47 presents significant challenges. I decided that more in-depth research was required to see just how far this new bill extended. An online search of the Canadian Intellectual Property database revealed that many of the "Vancouver 2010"-type marks and logo designs had been registered in the name of VANOC, under Sec. 9(1)(n)(iii), and they constitute an "official" mark, which gives the registrant an even wider amount of protection than the usual trademark. During this process, I consulted with three lawyers, all specialists in copyright law, and the main issue appeared to be one of trademark infringement. Because "Vancouver 2010" was covered as a trademark, it didn't matter whether I spelled out the number "2010" or converted in some other way; I was still exposing myself to a potential lawsuit.

I was advised that if money were no object, I might be able to defend a claim on the basis of freedom of expression under the Canadian Charter of Rights and Freedoms, as well as upon the more technical argument that I was not "using" the trademark in such terms as is commonly understood in the case law surrounding trademarks. Namely, I wasn't selling any good or services and I was distributing my posters free of charge. I might also argue that "depreciation of goodwill" is wrongly equated with lack of respect shown to a trademark. But apart from being very costly, it would take years and the verdict was certain to be appealed if lost at trial. One lawyer suggested that on a more practical level, I might contact the president of VANOC directly and arrange a 10-minute, personal meeting to determine VANOC's position and find out if it would take legal action to prevent my proposed distribution of the posters. I decided to follow the advice.

After weeks of leaving messages and being passed from person to person, I arranged an appointment with Colin Jarvis, manager of Commercial Rights Management. My intention was to understand the complexities of the issues surrounding the new Bill C-47 and to glean how it applied to me and other artists. When I met with Mr. Jarvis, he was very accommodating and open to answering all my questions. He assured me that VANOC's position is that they are not interested in litigation with artists and that artists have a right to critique. He gave a number of examples where VANOC would consider that an artist was infringing upon its copyright. One such example is if an artist created a single mug that depicted the Olympics in some way. That would be fine, as it would be considered art. If the artist produced 1,000 mugs and sold a hundred a week for profit, however, that would be not OK, as it would be seen as "ambush marketing."

Throughout history, artists have played an important role, turning their art into a political tool that questions and confronts existing power structures.

When discussing my posters, Jarvis said that VANOC would not have a problem with them. However, if put them up on bill boards across the Downtown Eastside, there would be a problem because that action would be considered more in the light of my creating a "campaign," as opposed to my displaying a work of art. So how do I know where the threshold is before I cross the boundary into creating allegedly illegal art?

It is important to remember that trends in public authority have been marked by the power structures in place at any given time throughout history. For example, the origin of copyright law can be traced back to when Gutenberg's printing press hit the world stage around 1440. Before then, the church and the crown controlled knowledge. With the advent of the printing press, knowledge was diffused throughout communities. The result was increased literacy, much to the horror of the traditional knowledge holders, who felt threatened and consequently imposed the Licensing Act of 1662. The Act established new legislation in Britain that required books to be registered and a copy deposited to the Stationer's Company. Prior to this date, the consequence of reproducing a literary work was that one could sometimes find an author's or archivist's inscription in a book, threatening a "book curse" if the manuscript was duplicated.

The first real copyright law came into effect in 1710. The Statue of Anne accorded exclusive rights to creators and authors, as well as determining exclusive rights to a fixed period of expiration of 28 years. In 1887, copyright protection amplified internationally with the Berne Convention, which continued to license intellectual property. A huge problem occurred in the 1730s when these registered copyrights began to expire and a great debate erupted over which rights, if any, were still valid. This created the "natural rights debate." The Mansfield ruling established that publishers had the right to publish works for which they had already acquired the rights. These early rulings formed the basis of the distinctions made today between "original works of art" and "industrial design." These laws also stipulated that if more than 100 pieces of any particular artwork were produced, it was no longer considered art, having moved into the realm of industrial design. As a consequence, "street art," which refers to signs, posters and banners, is considered to be part of the commercial advertising sector and is susceptible to copyright restrictions.

Although VANOC may have no intention of shutting down artists who criticize the Olympics, artists who work in the area of appropriation art are being limited by Bill-C 47, and the placement of their art will be limited to the institutionalized gallery system. On the other hand, I don't see VANOC as the villain in this scenario; rather, it is the larger problem of our legal system prioritizing corporatism over creativity. I have learned from this experience that copyright legislation being put in place today has not kept up with the changes that have occurred in the modern art world.

Artwork being produced today has completely changed since the 1700s when the Statue of Anne was first established. Art is not static. Art is a reflection of our contemporary culture and needs to be given space within the public sphere to do its job of creating a crucial forum for public discussion, which ultimately reflects our time and place in history.

More info at www.kimberlybaker.ca

Pick a peck of perfect peppers

ON THE GARDEN PATH *Carolyn Herriot*

The greenhouse in August is full of dazzling rows of ripening peppers, a multicoloured spectacle of colour changing to red, orange, yellow or brown, depending on the variety. Normally grown as annuals on the West Coast, peppers are actually tender perennials, needing maximum sunshine and warm sheltered sites to thrive.

For the best yields, it's advisable to get an early start on the season. Start pepper seeds in late February, under grow-lights indoors or on bottom heat in a greenhouse. They germinate best around 75°F (23°C) and can take anywhere from one to four weeks to germinate. They grow best at 70°F (21°C) during the day, and no lower than 60°F (15°C) at night.

Peppers don't like warm days followed by cool nights, so it's best to wait until the soil has really warmed up in early June before setting them out. Peppers belong to the Solanaceae family, so avoid blight by not planting them where tomatoes, eggplants, peppers and potatoes have grown before.

They grow best in moist warm soils, between 65-80°F (18-26°C), in a neutral pH around 6.5. Kelp meal and a handful of rock phosphate in the planting hole will provide the high levels of phosphorus and potash needed for fruit production. A handful of dolomite lime will prevent calcium deficiency, which causes blossom end rot, a common problem for peppers.

Tip: Create a mini-greenhouse around your pepper plants. Hammer a cedar stake into each corner of the pepper patch; wrap 6 ml plastic around the outside of the stakes, stapling it onto each stake to hold it tightly in place. A lightweight plastic roof can also be framed up and used for extra protection during cold nights.

Try growing peppers in black, plastic, two-gallon pots, one pepper plant in each pot. A length of sturdy bamboo or a tomato cage is enough to support the bushy plants. The pots can be placed in a greenhouse, or on a hot deck or patio, so you can enjoy your colourful peppers up close and personal and regularly pick a peck of perfect peppers.

Tip: Foliar feeding with liquid seaweed throughout the season encourages greater fruit set. Blossom end rot results from irregular watering, so consistent daily watering is very important.

Garden Path favourites

(Heat scale sweet to hot 1-5)

Pimiento (1): thick-walled, very sweet, juicy slicer for salads, sandwiches, stuffing and baking.

Italian Sweet and **Red Bull's Horn** (1): thin-walled, slightly tapered, sweet red peppers good for roasting and stuffing.

California Wonder (1): thick-walled, blocky green bell peppers, good for salads, dips and baking.

Dainty Sweet and Jingle Bells (1): smaller, multicoloured ornamental peppers for sweet eating.

Gypsy (1): high yields of slightly tapered, yellow peppers which grow well in cooler conditions, good for fresh eating and stuffing.

Klari Baby Cheese (1): bell peppers, the shape of a baby Gouda cheese, great for fresh eating, roasting and stuffing.

Chocolate Bell (1): thick-walled, juicy dark bell peppers, good for eating fresh or for dips and stuffing.

Tequila Sunrise (2): orange, carrot-shaped, thin-walled peppers with a slight kick, good for pickling, drying and roasting.

Ancho (2) (also called Poblano): dark green, tapered fruits with slightly hot, distinctive flavour in Mexican cuisine for stuffing and sauces.

Hungarian Black (3): extremely early, small, pointy black fruits, good for eating fresh, drying and roasting.

Early Jalapeno (3): medium-hot peppers, ideal for salsas and pickling.

Starburst (4): smaller, tapered multicoloured ornamental peppers for hot eating and drying.

Habanero, Scotch Bonnet, Serrano (5): smaller peppers hot enough to blow your head off!

Take the heat out of peppers

The seeds and placenta contain capsaicinoids that give hot peppers their mouth-searing pungency. Use hot peppers with extreme caution. If your head is about to "blow off," eat dairy products or starchy foods, such as bread or rice. Do not drink cold water, which will actually increase the heat. Handle the seeds of hot peppers with respect. Don't rub your eyes or inhale too deeply around them or you'll be sorry.

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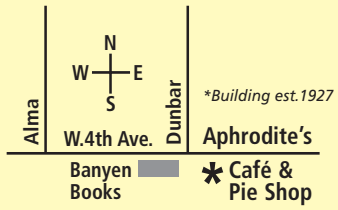

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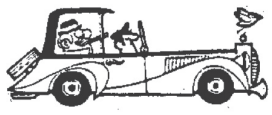

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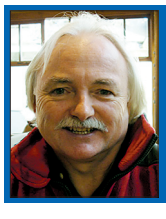

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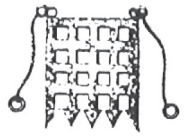

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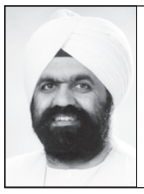
The new East Is East, the same as its Kits location, is a place where you are encouraged to talk to your neighbours. Eastern cuisine like you will have trouble finding anywhere else in Vancouver, attracts a regular friendly crowd. – *Owen Williams, Common Ground*

SPIRITUAL PRACTICES



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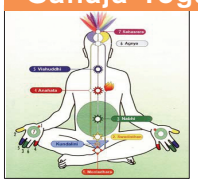
Sant Rajinder Singh

www.sos.org

Sahaja Yoga Meditation



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North Shore Unitarian Church: 604-926-1621 or www.nsuc.ca

South Fraser Unitarian Congregation (Surrey): 604-512-9032 or www.sfuc.bc.ca

Unitarian Church of Vancouver: 604-261-7204 or www.vancouver.unitarians.ca

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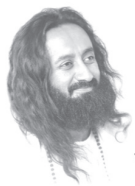
#201 - 317 Columbia Street, New Westminster
604-521-6336

www.isacanada.ca
e-mail: theisacanada@yahoo.ca

WEDNESDAY EVENTS 7:30 pm - 9:30 pm • **HEALING** 7 pm
SUNDAY SERVICES 11:00 am – See *DATEBOOK: Sundays*

The International Spiritualist Alliance offers Sunday services; mediumship demonstrations; circles; spiritual healing; hospital & hospice visits; counselling; marriages & unions; namings; funerals & memorials.
Reverend Joyce Tarvin 604-433-6663
Reverend Lyn Wells 604-945-5110

Wednesday programs take a summer vacation for July and August, and will resume in September.
We thank you for your support!



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The soul is characterized by these capacities: self-nutrition, sensation, thinking and movement.
~ Aristotle ~

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Datebook

AUG 2-6
Salt Spring Centre of Yoga Family Yoga Retreat: With guest Baba Hari Dass. Classical teachings of hatha and ashtanga yoga. Weekend Yoga getaways in July, Sept, & Oct. Info & registration, 250-537-2326 www.saltspringcentre.com

AUG 3-12
Harmony Arts Festival: 10-day arts festival for all ages, morning till evening, West Vancouver. Free concert every evening 7:30pm in John Lawson Park. For more info, call 604-925-7266 or Jodi Smith at 604-736-4939, www.harmonyarts.ca

AUG 9-19
Rites of Passage Theatre Project: Inlet Theatre, Port Moody, 8:15pm. All-ages, theatrical spectacle of youth volunteers journeying to the underworld & back. Free or donation. No show Mondays. www.dreamridertheatre.com, dreamrider@shaw.ca

AUG 10-12
Advanced Reflexology Professional Skills Course: Available to graduates of a basic foot, hand or ear reflexology course. $295, Pacific Institute of Reflexology, (604) 875-8818, www.pacificreflexology.com

AUG 10-13
Australian Bush Flower Essences Workshops - Astrology and Bush Essences 10th ~ Level 1: 11 & 12th ~ Women's Wellbeing and Bush Essences 13th. Facilitator - Linn Wiggins Vancouver. Contact Lori - www.ausangels.com or 1-866-477-6779.

AUG 10-19
"Silent Power" a 10-day ceremonial intensive in nature to heal the past, develop discipline, reclaim your power & regain energy. Presented by the Institute of Shamanic Medicine. Gabriola Island, BC. 1-877-329-8668 info@shamanicmedicine.ca

AUG 11
Shamanic Drumming & Dreaming Circle: 7pm. Learn to experience insight/healing from your Nature Spirit guardians. Vancouver Multi-Cultural Centre, 1254, W. 7th. By donation. Earthsong Healing Circles. 604.418.9636, www.shamanichealing.info

AUG 12
Alan Cohen, author of Relaxing into Wealth and Handle With Prayer at the Centre for Spiritual Living, 11am service and 1:15pm - 4:15pm workshop. www.cslvancouver.com

AUG 12
Under The Volcano Festival of Art & Social Change: Performers, Spoken Word, Dragonfly Kidz Fest, Workshops, Artisans Market & more. Starts at noon, Cates Park, North Vancouver. Tickets $10-$20 (sliding scale) www.volcano.resist.ca

AUG 16-OCT 4
Writing & Ritual with Michelle Benjamin – Sing Sound Pray Write – To register contact Stillpoint Gallery & Healing Centre, 604-224-6857, 4419 W. 10th Ave.

AUG 17-19
The Big Time Out Music festival, Cumberland BC: Featuring Sarah Harmer, Corb Lund, Michael Franti and Sly & Robbie, Xavier Rudd & many more performers, www.cumberlandvillageworks.com/festival/ (See display ad pg 7).

AUG 17-20
Get started on that creative project you've been putting off. Retreat on Galiano Island. Led by: Carla Rieger, www.artistryofchange.com/retreat2007 Email: carla@carlarieger.com. Tel: 604-726-7294.

AUG 18
African Market: Live Music, African Goods, Food and NGO's hosted by The Canadian Network for International Surgery, 10AM-5PM, 1985 Broadway @Maple. Contact office@cnis.ca or 604-739-4708 www.cnis.ca

AUG 20
George Bush comes to Canada August 20 to negotiate with Stephen Harper. Join Stopwar.ca and the Council of Canadians to protest the secret negotiations of the Security and Prosperity Partnership (SPP), and call for Troops out of Iraq and Afghanistan. Aug. 20 5:30pm, Art Gallery, Robson St. side.

AUG 24-26
Foot Reflexology Introduction commences certificate weekend course. Intro: $10, Course $295. Pacific Institute of Reflexology, (604) 875-8818, www.pacificreflexology.com.

AUG 25
"A Mid Summer's Night Dance" – Vancouver's first Yoga Dance Party! Dancing, meditation, spiritual filmclips, slides, 8pm, Trinity - St. Mark's Church, 1805 Larch @West 2nd, $10/door. www.shivashakti.ca

AUG 29
What is important in your life? Introducing The Master Teaching Foundation by The Brotherhood of Humanity, 7:30pm, Firehall Library meeting room, 1455 West 10th Ave., (604) 430-1882.

SEP 7-9
Join David Allen Jones, creator & founder of Free the Heart for a 3-day workshop – a journey to self-discovery and healing. (See display ad pg 35.)

SEP 14-16
Self-Governance Workshop hosted by the Institute of Shamanic Medicine. Deeply transformative journey of creating your own Medicine Wheel of inner balance. Info & registration: 1-877-329-8668, www.shamanicmedicine.ca

SEP 29
World Peace Forum Society and US - United for Peace and Justice for Peace Without Borders –Building the Movement, Peace Arch State Park, Strategic discussions 10am-1pm re Northwest Regional Peace Forum 2008. Concert featuring David Rovics, 2-5pm, www.whatcompjc.org www.worldpeaceforum.ca

SEP 29-30
Taste of Health 2007 Vancouver's vegetarian food & lifestyle festival: Sat/Sun Exhibits, workshops, speakers, bookfair, veggie court. Commercial Drive. Croatian Cultural Centre www.earthsave.ca

SEP 30
An Evening With Loreena McKennitt: An ancient muse tour. Orpheum Theatre, reserved seating. www.ticketmaster.ca, 604-280-4444.

OCT 3-7
Spiritual city of Damanhur presents an introductory evening, $20. Other workshops Astral Travel, Selfic Healing, Inner Harmonizing, Commuity Building. Information 604-913-8477. Location TBA, www.damanhur.info

OCT 24-28
The Mysticism of Sound 2007: The music and teachings of Sufi Hidayat Inayat-Khan. Conference: Roundhouse Community Arts & Recreation Centre. Concert: Oct. 26, 8pm, North Shore Centennial Theatre. Visit www.mysticismofsound.com for info about conference & concert.

SATURDAYS

Holistic Healing Fair: Third Saturday of every month. AWAKENING HEART-15177 Russell Ave-White Rock. 10-4pm. Free Admission. 604-535-6603 or www.emergingpathway.ca

Unity Kirtan All welcome. Interspiritual group chanting. Second Saturday of each month 7:30 PM, at Yoga on 7th 156 E. 7th Ave. David Solest david@bluelotusmusic.com 604-685-0551

SUNDAYS

The Centre for Spiritual Living uniting the world in love. Inspired by the teachings of Deepak Chopra and Louise Hay. You'll love our Sunday services, 11 AM. Children welcome. 1495 W. 8th Ave.,Vancouver, 604-321-1225, www.cslvancouver.com

International Spiritualist Alliance: #201-317 Columbia Street, New West, 604-521-6336. Sunday services, 11am. Rev. Joyce Tarvin, 604-433-6663, www.isacanada.ca. See Resource Directory ad.

Mountaintop Unity Find a positive New Thought approach to life at Unity! Sundays 10:30am, John Braithwaite Community Centre, 145 West 1st, North Vancouver. 604-787-1477, www.unitymountaintop.ca

Kitsilano Farmer's Market. New! Every Sunday beginning July 15 to Oct. 14, 10am-2pm @ Kits Community Centre parking lot. Come and enjoy. Interested in volunteering? Please e-mail Mel@mel_lehan22@hotmail.com

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MONDAYS

Free, anonymous, telephone support line offering guided meditations for people suffering from chronic pain. Non-religious. Counselors have community crisis line training. Mondays 7pm-11pm, 604-936-5683.

TUESDAYS

Reflexology Student Clinic sessions, only $18. Evenings only. By appointment. Pacific Institute of Reflexology. 604-875-8818 www.pacificreflexology.com

Prize-winning Scottish choir seeks new members: Non-Gaelic speakers welcome. No audition required. Scottish & Gaelic traditional songs. Practice 7:45pm, Scottish Cultural Centre, 70th & Hudson. Info: Sandra 604-913-8477

WEDNESDAYS

Speaking Circles: Learn to speak naturally in front of groups, transforming anxiety into the excitement of creative expression through relational presence. 7:30-10pm, Dave 604-738-5728.

Hawaiian Medicine Circle: 7 pm. Hawaiian guided meditation, Sharing the Aloha, tea and snacks afterwards with like-minded people. $10 donation. At Hale Ola, a place of Healing, 1215 Madison Ave., Burnaby. 604-431-7474. Call Kumu Kaimana.

Children of War fundraiser: Chai Gallery at East is East hosts a fundraiser for Children of War, featuring local musicians & traditional dancers. Every Wed. evening, 7:30pm – 1:30am, 3243 W. Broadway. $25/door or call 778-837-1862, www.thechildrenofwar.org.

Info session on the health benefits of the Mangosteen fruit. 7:30pm, Unit 1-12320, Trites Rd., Richmond, 604-687-4791, www.todaysmangosteen.biz

FRIDAYS

"Destiny Dialogues" Free Talks (7-9 pm). First Friday of each month, experiential evening that explores the inter-connections between destiny and: suffering, relationships, vocations, joy, teachers, character, nature, family, dreams. Call Michael 604-317-1613 to RSVP.

Interspiritual Ananda Mantra (I AM) choir Simple chants/harmonies. New choir members may join in September. No audition. Fridays 7:30 PM at Yoga on 7th, 156 E. 7th Ave. david@bluelotusmusic.com 604-685-0551

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Free Meditation Workshop: Experience Kundalini awakening through Sahaja Yoga, as taught by Shri Mataji Nirmala Devi & enjoy your Powers at our Weekly classes, always free and open to all. 604-597-8440, www.sahajayoga.org.

Anxiety? Depression? FREE Mental Wellness Self-Help Support Group in Kitsilano area. Held Saturdays biweekly, 10:30am-12:30pm. Limited Seating. Call 604-630-6865.

August is the eighth month of the year in the Gregorian calendar and one of seven Gregorian months with the length of 31 days. Astronomically speaking, the sun begins in the constellation of Cancer and ends in the constellation of Leo.

August 6 Hiroshima Day
August 9 Nagasaki Day
August 9 International Day of the World's Indigenous People
August 12 International Youth Day
August 12 New Moon
August 28 Full Moon

SEPTEMBER advertising deadline August 15

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PROFESSIONAL EDITING, tutoring, and publishing, print & web. John William, (johnwilliam@shaw.ca) 604-739-7538.

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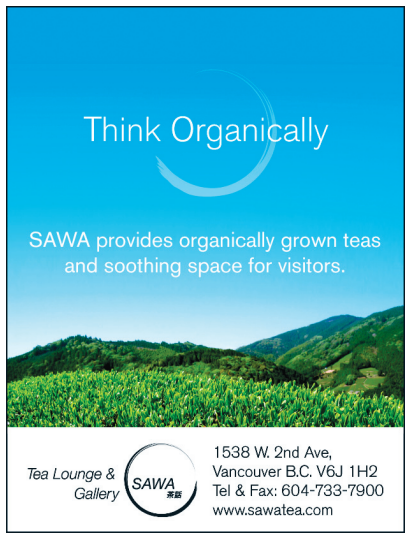

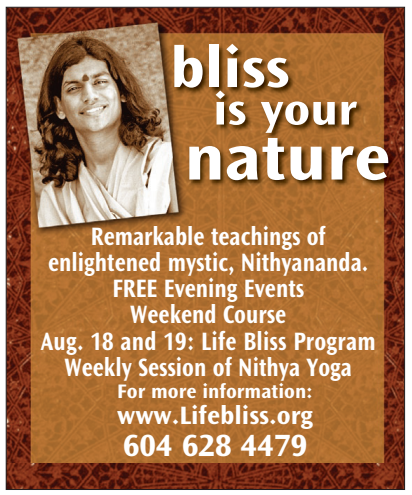

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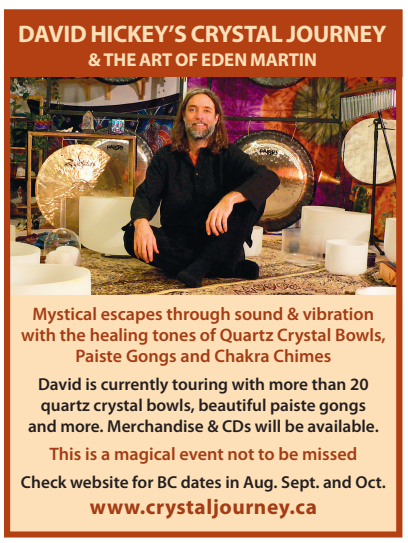
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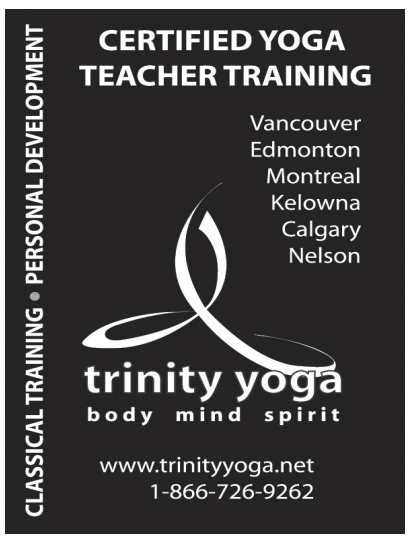


On Track Zodiac

Adrien Dilon is a clairvoyant consultant and author with 32 years of experience in astrology, multi-media art and healing. adrien.dilon@gmail.com, www.HeartLightCentre.com

AUGUST 2007 *Adrien Dilon*

ARIES (Mar 21 – Apr 19)
There will be much activity this month with many planetary influences of a Martian nature, Mars being the ruler of your sun sign. How do you conciliate a competitor who tries to usurp your position in the work force? Use your energy to combat your fears, not for the power struggle game.

TAURUS (Apr 20 – May 21)
Much will challenge your business and financial flow. Possible investments will hit a high note, but remember the ebb and flow of life. Learn the secret to riding the middle road, if possible. No one can stay on top forever and much is learned through risk, acceptance and the retiring tide.

GEMINI (May 22 – Jun 20)
Arms are meant to hold, embrace and follow the lead of the body. Gemini rules the arms and upper body and, with that, finding a way to encompass and encircle all kinds of possibilities. Reach for and accept what you bring in. This is not a time to brace yourself from or push away connections of a favourable nature.

CANCER (Jun 21 – Jul 22)
Some seriously good times are being had by the Moon child. Family and friends gather for celebration and to break bread with new acquaintances. The familiar ways of loved ones will fill your heart with tenderness and self-confidence will fill these days of wine and roses.

LEO (Jul 23 – Aug 22)
The planet of communication enters Leo with just enough time to pique your interest for new experiences. The new moon in Leo also boosts your appetite for sourcing fresh ideas. Venus, as well, delights in the lionesses or lions embracing their dramatic and sultry nature. How very romantic.

VIRGO (Aug 23 – Sep 22)
Your writing style and the way you communicate have undergone a transformation. It's as if a funnel tipped open in your head and divine inspiration poured in. Mercury rides through Virgo giving you just enough time to take your vision and make it real.

LIBRA (Sep 23 – Oct 22)
Address all your concerns with honesty and in a timely manner. The clarity you seek comes as if celestially poised to deliver wisdom and give you what you need. Juggling is a Libran attribute and never was this more real. Don't be afraid to tumble before you succeed. It's all part of the fun.

SCORPIO (Oct 23 – Nov 21)
A good thing about a "slow period" is that it gives you an opportunity to deliberate and ponder your past. Use this time to be more forgiving of yourself. Perhaps set sail or take that trip you've dreamed about. Once the autumn leaves start to change, you will notice a lift in your spirit and in your ambitions.

SAGITTARIUS (Nov 22 - Dec 21)
Step off the precipice and into the unknown. The way to know yourself now is to jump head-on into your fears. You may be shaking in your boots, but chances are better than not that you will discover your mind was stronger than the fear itself. It's like a rebirth for the centaur.

CAPRICORN (Dec 22 - Jan 19)
You could be spellbound by some new enterprise and it would be prudent of you to get more facts and investigate thoroughly before you sign on the dotted line. Unifying your thoughts will bring agreement and the capacity to connect clearly before you are irrevocably bound to something.

AQUARIUS (Jan 20 – Feb 19)
It's time to reassess how you lose yourself around others. Working alongside a partner will help you progress, even with your need for high-level awareness and productivity. The strengthening of your character and values will cement your ideals while you learn flexibility. Stay true to your convictions so you don't surrender all.

PISCES (Feb 20 – Mar 20)
Jupiter, the ruler of Pisces, moves directly, assisting your walk in its good graces. However, the lunar eclipses in Pisces will suggest it is not a time for travel or starting a new project. Be mindful of your health and remember your vows to treat your body like a god/goddess.

Prescription cont. from p. 17

They were promoted with great fanfare, pushed by the advocates and used by millions of people, then withdrawn in disgrace when the body count got too high.

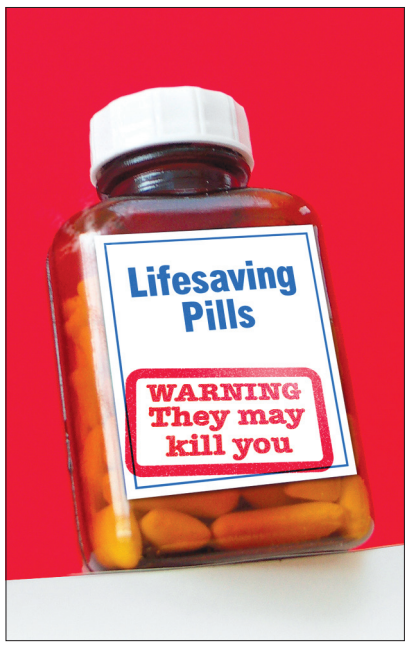
Will we see those patient advocates who proclaim to be providing consumers with a voice, promoting Real World Safety and Effectiveness Research? Don't count on it; the pharmaceutical companies aren't in the charity business.

They fund groups to pump governments to open access to every new drug coming out of the pipeline. Real World Safety and Effectiveness research sounds like a speed bump to the market.

Dear reader, when your doctor offers you a free sample for the newest drug on the block, ask yourself if you want to be part of an uncontrolled experiment, for which the "data" on how the drug actually works for you may never be collected?

Until "real world" data on the effects of drugs are required, and systematically collected, like Afghanistan, the information environment will continue to be "problematic."

Sadly, we will only be able to venture a guess at the body count.



Alan Cassels is co-author of Selling Sickness: How the World's Biggest Pharmaceutical Companies Are Turning Us All Into Patients *and a drug policy researcher at the University of Victoria. His new book,* The ABC's of Disease Mongering: A Guide to Drugs and Disorders *(Emdash Book Publishing), will launch in October.*

Ian Hunter cont. from p. 9

On *Fuss About Nuthin,'* the singer effects the voice of a glad-handing sociopath, who warns, "… that bee in your bonnet's got liberal on it," and to stop making a fuss about market decisions. "This World is a ball with a map on/We conquer, we buy and we sell/This world is a tank with a tap on/Business as usual."

How's Your House? is a tragicomic retelling of Katrina from a new immigrant's point of view – "I'm runnin' outta water, there's nothing left to eat/ The kids are in the car 'n' it's floating down the street" – with the storm victim falling back on faith-based optimism. "If FEMA won't help me, I know the good book will."

When the World Was Round bemoans the flat-earth mentality of our rulers, while offering the hope we can reshape the world into a better, fuller place. On the soaring title track, the "… rich get richer and the poor get sorer." "We're at the mercy of shrunken heads," he sings, in a metaphor for both short-term political thinking and the profiles of dead leaders stamped on currencies. With this one song, Hunter arguably out-Dylans Dylan in the lyrics game.

There's also warmth and wit on *Shrunken Heads*. *Words* has the singer falling over himself apologizing to his partner for unthoughtful remarks, blaming himself, too many drinks and finally language itself, with its "… cruel little clusters" and "grammatical bacteria." *I am What I Hated When I Was Young* is an alt-country romp, made endearing by Hunter's self-effacing senescence.

Now in his late 60s and married three decades to his second wife Trudi, Hunter lives a relaxed life in rural Connecticut. He still tours across the US and Europe, rocking more convincingly than most of his younger contemporaries from the 60s. It also helps that he's found a good manager and a reliable, responsible record label, Yep Roc records.

"There ain't no deaths, just destinations," he insisted in the song *Keep On Burning*. And there's no career death in sight for Ian Hunter, who says he is experiencing another welcome burst of songwriting after the release of *Shrunken Heads*.

Here's hoping the British expat keeps the fire in his belly for years to come. Keep on burning, Mr. Hunter.

mwiseguise@yahoo.com

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September 7-9

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Workshop: 7 PM - 11:30 PM
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- D. Alvera Witt, Psychiatry, Langley, BC

"I have been a student of transformation for 35 years. I have participated in countless seminars, workshops and intensives. I can unequivocally say that Free the Heart surpassed them all."
- Dr. Gail Schultz, Minister, Centre for Self-Awareness, Saanich, BC

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- Jackie Crawford, Director, Department of Corrections (Retired), Nevada, USA

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